

Week 1	31	1	2	3	4
Breakfast	Eggs & sausage, mandarin oranges, & 1% milk	French Toast Sticks w/pears & 1% milk	Kix, w/cheese toast w/peaches & 1% Milk	English Muffins w/jelly Bananas & 1% Milk	Waffles w/pineapples & 1% Milk
Lunch	Broccoli and Chicken Casserole (broccoli, cheese, cream of mushroom, chicken, rice/ fruit cocktail & 1% Milk	Chicken Burgers, tater tots, w/pears & 1% Milk	Turkey & Cheese Melts, Broccoli, peaches & 1% Milk	Spaghetti w/ground beef, pears, salad & 1% milk	Cheese Pizza w/ green beans, peaches & 1% Milk
<i>Vegetarian</i>	Garden burger	Vegetable rice	Grilled Cheese	Meatless spaghetti	
Snack PM	Teddy grahams & yogurt	Pretzel & cheese cubes	Crackers w/cheese & turkey	Chez-its & Apples	Hummus & pretzels
Light Dinner	Turkey & Cheese Sandwiches, celery, apples	Turkey & Cheese Sandwiches, celery, apples	Turkey & Cheese Sandwiches, celery, apples	Turkey & Cheese Sandwiches, celery, apples	Turkey & Cheese Sandwiches, celery, apples
Week 2	7	8	9	10	11
Breakfast	English Muffins w/jelly Bananas & 1% Milk	Egg and cheese tacos, blueberries & 1% milk	Kix, w/cheese toast w/peaches & 1% Milk	English Muffins w/jelly strawberries & 1% Milk	Waffles w/pineapples & 1% Milk
Lunch	Steak Fingers, rice, mandarin oranges & 1% Milk	Chicken Alfredo Pasta w/peas, fruit cocktail & 1% Milk	Enchilada Casserole (beef, refried beans, cheese) corn w/pineapples & 1% Milk	Chicken Burger w/Sweet Potato Fries, fruit cocktail & 1% Milk	Cheese Pizza w/ green beans, peaches & 1% Milk
<i>Vegetarian</i>	Vegetable rice	Cheese Lasagna	Cheese and Bean Enchiladas	Garden burger	
Snack PM	Chez-its & Apples	Oatmeal cookies & 1% milk	Crackers w/cheese & turkey	Graham crackers w/applesauce	Hummus & pretzels
Light Dinner	Turkey & Cheese Sandwiches, bell peppers, oranges	Turkey & Cheese Sandwiches, bell peppers, oranges	Turkey & Cheese Sandwiches, bell peppers, oranges	Turkey & Cheese Sandwiches, bell peppers, oranges	Turkey & Cheese Sandwiches, bell peppers, oranges
Week 3	14	15	16	17	18
Breakfast	Eggs & sausage taco, mandarin oranges, & 1% milk	Pancakes, bananas, & 1% milk	Cheerios, w/cheese toast w/peaches & 1% Milk	Turkey sausage & hashbrowns, pears, & 1% milk	Raisin Bread, strawberries, & 1% milk
Lunch	Chicken Quesadillas, corn, blueberries & 1% Milk	Spaghetti w/ground beef, pears, salad & 1% milk	Turkey & Cheese Melts, Broccoli, peaches & 1% Milk	Broccoli and Chicken Casserole (broccoli, cheese, cream of mushroom, chicken, rice) peaches & 1% Milk	Cheese Pizza w/ green beans, pineapples & 1% Milk
<i>Vegetarian</i>	Bean & Cheese burritos	Meatless spaghetti	Grilled Cheese	Vegetable rice	
Snack PM	Pretzels & Cheese Cubes	Animal crackers w/yogurt	Teddy grahams & blueberries	Ritz crackers with sliced cheese	Chex Mix & oranges
Light Dinner	Turkey & Cheese Sandwiches, celery, apples	Turkey & Cheese Sandwiches, celery, apples	Turkey & Cheese Sandwiches, celery, apples	Turkey & Cheese Sandwiches, celery, apples	Turkey & Cheese Sandwiches, celery, apples
Week 4	21	22	23	24	25
Breakfast	French Toast Sticks w/pears & 1% milk	Turkey Sausage & Biscuit w/apples & 1% Milk	Kix, w/cheese toast w/peaches & 1% Milk	English Muffins w/jelly Bananas & 1% Milk	Waffles w/pineapples & 1% Milk
Lunch	Taco Beef Hard Shells, Corn, w/peaches & 1% Milk	Chicken Burgers, tater tots, w/pears & 1% Milk	Salisbury Steak, Mashed potatoes, w/fruit cocktail & 1% milk	Chicken Nuggets, Peas, pears & 1% milk	Cheese Pizza w/ green beans, peaches & 1% Milk
<i>Vegetarian</i>	Garden burger	Bean & Cheese burritos	Ravioli w/Spinach	Corn nuggets	
Snack PM	Hummus & pretzels	Teddy grahams & yogurt	Goldfish w/Fresh Blueberries	Crackers w/cheese & turkey	Chez-its & Apples
Light Dinner	Turkey & Cheese Sandwiches, pickles, fresh pears	Turkey & Cheese Sandwiches, pickles, fresh pears	Turkey & Cheese Sandwiches, pickles, fresh pears	Turkey & Cheese Sandwiches, pickles, fresh pears	Turkey & Cheese Sandwiches, pickles, fresh pears
Week 5	28	29	30	1	2
Breakfast	English Muffins w/jelly Bananas & 1% Milk	Egg and cheese tacos, blueberries & 1% milk	Cheerios, w/cheese toast w/peaches & 1% Milk	Turkey Sausage & Biscuit w/apples & 1% Milk	Raisin Bread, strawberries, & 1% milk
Lunch	Steak Fingers, rice, mandarin oranges carrots & 1% Milk	Chicken Alfredo Pasta w/peas, fruit cocktail & 1% Milk	Fish Sticks w/Sweet Potato Fries, blueberries & 1% Milk	Cheeseburgers, tater tots, w/peaches & 1% Milk	Cheese Pizza w/ green beans, pineapples & 1% Milk
<i>Vegetarian</i>	Vegetable rice	Cheese Lasagna	Corn nuggets	Garden burger	
Snack PM	Chez-its & Apples	Oatmeal cookies & 1% milk	Chex Mix & oranges	Crackers w/cheese & turkey	Oatmeal cookies & 1% milk
Light Dinner	Turkey & Cheese Sandwiches, bell peppers, oranges	Turkey & Cheese Sandwiches, bell peppers, oranges	Turkey & Cheese Sandwiches, bell peppers, oranges	Turkey & Cheese Sandwiches, bell peppers, oranges	Turkey & Cheese Sandwiches, bell peppers, oranges