

Week 1	3	4	5	6	7
Breakfast	Grits w/Cheese, WG Toast, Applesauce, Milk	Pancakes, Strawberries, Milk	WG Bagel, Fruit Cocktail, Milk	WG Waffles, Bananas, Milk	WG Cheerios, Pears, Milk
Lunch	Turkey Ground, WG Rice, Red Kidney Beans, WG Bread, Oranges, Milk	Grilled Cheese Sandwiches on WG Bread, Vegetable Soup, Apples, Milk	Turkey Meatloaf, Mashed Potatoes, Mixed Vegetables, WG Bread, Blueberries, Milk	Vegetable and Teriyaki Chicken Stir Fry on Noodles, WG Bread, Pineapples, Milk	Turkey Lunchmeat, Cheddar Cheese Slices, WG Wheat Bread, Sweet Peas, Peaches, Milk
Snack PM	Pretzels, Tropical Fruit	Cheese Nips, Pears	WG Wheat Crackers, Nectarines	Saltine Crackers, Mandarin Oranges	Ritz Crackers, Apple Slices
Week 2	10	11	12	13	14
Breakfast	WG Oatmeal, Banana, Milk	WG Biscuits, Peaches, Milk	Cheese WG Grits, Applesauce, Milk	WG Pancakes, Blueberries, Milk	WG Wheat Toast, Peaches, Milk
Lunch	Broccoli Bake with Chicken, Penne Pasta, Carrots, Shredded Cheddar Cheese, Tropical Fruit, WG Rolls, Milk	Chicken Nuggets, Baked Beans, Tater Tots, WG Bread, Pears, Milk	Turkey Burgers, California Blend Vegetables, WG Bread, Peaches, Milk	Chicken Tenders, WG Bread, Green Beans, Strawberries, Milk	Ground Chicken, WG Corn Tortillas, Black Beans, Tomatoes, Shredded Cheddar Cheese, Fruit Cocktail, Milk
Snack PM	String Cheese, Mixed Fruit	Hi Ho Crackers, Strawberries	Club Crackers, Orange Slices	Ritz Crackers, Pineapples	Wheat Crackers, Pears
Week 3	17	18	19	20	21
Breakfast	Cream of Wheat, Tropical Fruit, Milk	WG Cheerios, Banana, Milk	WG Cheese Toast, Tangerines, Milk	WG Grits, Pears, Milk	WG Corn Flakes, Applesauce, Milk
Lunch	Barbeque Chicken, WG Brown Rice, Sweet Peas, WG Bread, Pears, Milk	Turkey Hamburger, Hashbrowns, WG Bun, Tomatoes, Fruit Cocktail, Milk	Chicken Breast, Roasted Potatoes, WG Wheat Rolls, Collard Greens, Apple Slices, Milk	WG Spaghetti, Turkey Ground, Mixed Vegetables, WG Bread, Peaches, Milk	WG Wheat Crust Cheese Pizza, French Fries, Tropical Fruit, Milk
Snack PM	WG Whole Wheat Thins, Peaches	Graham Crackers, Orange Slices	WG Cheese Nips, Mixed Fruit	WG Goldfish Crackers, Pineapples	Club Crackers, Mandarin Oranges
Week 4	24	25	26	27	28
Breakfast	WG Pancakes, Blueberries, Milk	WG Oatmeal, Bananas, Milk	WG Cheerios, Applesauce, Milk	WG Waffles, Peaches, Milk	WG Buttered Biscuits, Pears, Milk
Lunch	Seasoned Noodles w/gravy, Chicken legs, Sweet Peas, WG Roll, Apple Slices, Milk	Chicken Tenders, Tater Tots, Pears, WG Bread, Milk	Turkey Cheeseburger, WG Bread, Sliced American Cheese, Carrots, Strawberries, Milk	Barbeque Chicken, Mashed Potatoes, Vegetable Medley, WG Bread, Apples, Milk	Turkey Slices on WG Hamburger Buns, Mixed V, Mandarin Oranges, Milk
Snack PM	Cheese It Crackers, Orange Slices	Saltine Crackers, Fruit Cup	String Cheese, Hi Ho Crackers	WG Goldfish Crackers, Pineapples	Cheese Nips, Strawberries
Week 5	31				
Breakfast	WG Cheerios, Fruit Cocktail, Milk				
Lunch	Turkey Sloppy Joes, WG Hamburger Buns, Broccoli, Peaches, Milk				
Snack PM	Yogurt, Orange Slices				