

Week 1	31	1	2	3	4
Breakfast		WG Toast, Apple Slices, Milk	Waffles, Bananas, Milk	Oatmeal, Watermelon, Milk	English Muffin, Oranges, Milk
Lunch		Turkey Meatloaf, Herb Roasted Potato, Roll, Cantaloupe, Milk	WG Grilled Cheese Sandwich, Green Beans, Pears, Milk	Shredded Chicken Tacos on Soft Tortilla, Corn, Mixed Fruit, Milk	Ham & Cheese Wraps, Baby Carrots, Watermelon, Milk
Snack PM		Breadsticks with Mariana Sauce, Pears, Cold Water	Pretzels, Cheese Cubes, Cold Water	WG Crackers with Soy Butter, Cold Water	Trail Mix, 100% Fruit Juice
Week 2	7	8	9	10	11
Breakfast	WG Bagel, Banana, Milk	Turkey Sausage, Biscuits, Strawberries, Milk	Cheese Grits, Pineapple, Milk	Croissant, Apple Slices, Milk	Cereal, Mixed Fruit, Milk
Lunch	Sweet & Sour Meatball's w/Rice, Mixed Vegetables, Peaches, Milk	Grilled Chicken Alfredo over WG Noodles, Steamed Broccoli, Banana, Milk	Cheese Baked Ziti, Steamed Peas, Oranges, Milk	WG Cheese Pizza, Tossed Salad with Ranch, Strawberries, Milk	Turkey Pita Sandwich, Pasta Salad, Peaches, Milk
Snack PM	Veggie Straws, Pineapple, Cold Water	Cheese Its, Pears, Cold Water	Muffins, Peaches, Cold Water	Graham Crackers, Applesauce, Cold Water	Trail Mix, 100% Fruit Juice
Week 3	14	15	16	17	18
Breakfast	Pancakes, Blueberries, Milk	Yogurt, Strawberries, Milk	Lemon Poppy Seed Muffins, Pineapple, Milk	WG Cinnamon Toast, Honey Dew, Milk	Kixx Cereal, Milk
Lunch	WG Fish Sticks, Mashed Potatoes, Oranges, Milk	Diced Chicken, Rice, Green Beans, Pears, Milk	Pork Tenderloin, Brown Rice, Steamed Peas, Watermelon, Milk	Cheese Quesadillas, Corn, Pineapple, Milk	WG Soy Butter & Jelly Sandwiches, Carrot Sticks, Apples, Milk
Snack PM	Tortilla Chips, Peaches, Salsa, Cold Water	WG Goldfish, Blueberries, Cold Water	Soft Pretzel with Cheese, Cold Water	Animal Crackers, Pears, Cold Water	Trail Mix, 100% Fruit Juice
Week 4	21	22	23	24	25
Breakfast	French Toast Sticks, Pears, Milk	Waffles, Mixed Fruit, Milk	Hash Browns, Watermelon, Milk	Blueberry Muffins, Bananas, Milk	Cereal, Apples, Milk
Lunch	Mac & Cheese, Green Beans, Pineapple, Milk	BBQ Riblets on WG Bun, Waffle Fries, Oranges, Milk	Meatball Sandwich on WG Hoagie Roll, Lima Beans, Banana, Milk	Spaghetti with Meat Crumble, Cooked Carrots, Pears, Milk	Turkey & Cheese Sandwiches, Cucumbers, Mixed Veggies, Milk
Snack PM	Club Crackers, Cheese Slice, Cold Water	Cheese Its, Watermelon, Cold Water	Pita Bread, Peaches, Cold Water	Soft Pretzel Bites, Pineapple, Cold Water	
Week 5	28	29	30	1	2
Breakfast	Applesauce, Buttered Toast, Milk	Grits, Apples, Milk	Banana Bread, Cantaloupe, Milk		
Lunch	Chicken Patty Sandwich on WG Bun, Sweet Potato Fries, Cantaloupe, Milk	Hot Dog on WG Bun, Baked Beans, Pineapple, Milk	Beef Vegetable Stir with Pasta, Oranges, Milk		
Snack PM	String Cheese, Ritz Crackers, Cold Water	Rice Cakes, Pears, Cold Water	Celery Sticks, Soy Butter, Raisins, Cold Water		