

Week 1	1	2	3	4	5
Breakfast	WG English Muffin, Cinnamon Apples and Milk *National Cinnamon Day*	CN Chicken Patty on a Biscuit, Mixed Fruit and Milk	Oatmeal, Peaches and Milk	WG Cinnamon Toast, Oranges and Milk	Rice Krispies, Banana and Milk
Lunch	Sweet and Sour Meatballs, Brown Rice, Carrots and Milk	CN Pollock Fish Patty, Green Beans, Oranges and Milk	*National Sandwich Day* Ham and Cheese Melts on a Hawaiian Roll, Cucumbers, Banana and Milk	WG Noodles and Beef in Spaghetti Sauce, Corn, Pineapples and Milk	Beef in Gravy over Brown Rice, Pineapple, Peas and Milk
Snack PM	Baby Carrots with Ranch and 100% Juice	Wheat Thins, Peaches and Cold Water	Rice Cake, Soy Butter and Cold Water	Goldfish, Banana and Cold Water	Animal Crackers and 100% Juice
Week 2	6	7	8	9	10
Breakfast	Vanilla Yogurt, Blueberries, and Milk	Hashbrowns, Peaches and Milk	Pancakes, Oranges and Milk	WG Cheese Toast, Strawberries and Milk	Kixx Cereal, Sliced Apples and Milk
Lunch	Turkey, Lettuce, Cheese and Mayo or Mustard Carrots and Milk	Bean Chili, Rice, Crackers and Oranges	WG Noodles and Chicken in Alfredo Sauce, Broccoli, Strawberry and Milk	Beef Hot Dogs, Baked Beans, WG Crackers, Oranges and Milk	Pizza Sauce and Mozzarella Cheese, Corn, Blueberry and Milk
Snack PM	Cucumbers, Ranch and Water	Ritz Crackers, Cheese Cubes and Cold Water	Chees-Itz, Pineapple and Cold Water	Graham Crackers, Mixed Fruit and Cold Water	Yogurt, Sliced Apples and 100% Juice
Week 3	13	14	15	16	17
Breakfast	WG Waffles, Peaches, and Milk	Grits, Blueberries and Milk	WG Toast, Oranges and Milk	WG English Muffin, Strawberries and Milk	WG Cheerio's, Sliced Apples and Milk
Lunch	WG Noodles and Beef Meatballs in Gravy, Green Beans, Pineapple and Milk	Chicken in Taco Seasoning on a WG Tortilla, Black Beans, Oranges and Milk	Grilled Chicken Strips, Spinach and Arugula Mix, Strawberries and Milk	WG Macaroni and Cheese, Collard Greens, Sliced Apples and Milk	CN Chicken Nuggets, Romaine Lettuce, Bananas and Milk
Snack PM	Teddy Grahams, Applesauce and Cold Water	Tortilla Chips, Salsa and 100% Juice	Club Crackers, Cheese Cubes and Water	Cheez-Its, Bananas and Cold Water	Peaches, String Cheese and Cold Water
Week 4	20	21	22	23	24
Breakfast	Blueberry Muffins, Pears and Milk	WG French Toast Sticks, Bananas and Milk	Oatmeal, Strawberries and Milk	WG Bagels, Peaches and Milk	Shredded Wheat Cereal, Apple Slices and Milk
Lunch	CN Fish Sticks, Peas, Strawberries and Milk	Teriyaki Chicken, Brown Rice, Broccoli, Peaches and Milk	WG Noodles and Beef in Spaghetti Sauce, Corn, Blueberries and Milk	Grilled Cheese Sandwich on WG Bread, Tomato Soup, Apple Slices and Milk	Turkey and Cheese on a WG Wrap, Carrots, Pineapples and Milk
Snack PM	Pretzels, Applesauce and Cold Water	Graham Crackers, Blueberries and Cold Water	Animal Crackers, Bananas and Cold Water	Pita Bread, Hummus and Cold Water	Blueberry Muffin and 100% Juice
Week 5	27	28	29	30	31
Breakfast	Scrambled Egg Patty on WG Toast, Raspberries and Milk	Pancakes, Sliced Apples and Milk	Lemon Poppyseed Muffins, Blueberries and Milk	Grits, Oranges and Milk	Turkey Sausage, Biscuits, Bananas and Milk
Lunch	WG Noodles and Chicken in Alfredo Sauce, Broccoli, Oranges and Milk	Chicken Quesadilla, Corn, Peaches and Milk	CN Polluck Fish Patty, Spinach and Arugula, Pineapples and Milk	Salisbury Steak, Mashed Sweet Potatoes, Green Beans, Sliced Apples and Milk	Hamburger Patty and Sweet Potato Fries
Snack PM	Cheez-Its, Blueberries and Cold Water	Goldfish, Raspberries and Cold Water	Pretzel Sticks, Bananas and Cold Water	Rice Cakes, Soy Butter and Water	Trail Mix and 100% Juice

Menu subject to change.