



Week 1	29	30	1	2	3
Breakfast			WG pancakes w/ syrup, pears, & 1% milk	Turkey sausage w/ hashbrowns, pineapples, & 1% milk	
Snack AM			Rice Krispys & water	Vanilla wafers & water	
Lunch			Chicken Alfredo, green beans, pineapples, & 1% milk	Cheeseburger, tator tots, peaches, & 1% milk	
Vegetarian			Alfredo w/out meat	Veggie nuggets	
Snack PM			Teddy grahams & 100% apple juice	Graham crackers & 100% apple juice	
Week 2	6	7	8	9	10
Breakfast	WG cereal, peaches & 1% milk	WG cheese toast, pears, & 1% milk	WG pancakes w/ syrup, mixed fruit, & 1% milk	Turkey sausage w/ hashbrowns, pineapples, & 1% milk	WG french toast sticks, peaches, & 1% milk
Snack AM	Blueberry muffins & water	Saltine crackers, sliced cheese, & water	Apple slices, string cheese, & water	Ritz crackers w/ cream cheese & water	Nutri grain bar & water
Lunch	Rotini pasta w/ meat sauce, corn, pears, & 1% milk	Chicken nuggets, white rice, green beans, mixed fruit, & 1% milk	Cheese pizza, garden salad, pineapples, & 1% milk	Fish sticks, mashed potatoes, rolls, peas, peaches, & 1% milk	Beef ravioli, broccoli, pears, & 1% milk
Vegetarian	Rotini pasta w/out meat	Veggie nuggets	Cheese pizza	Buttered noodles	Baked beans
Snack PM	WG goldfish & 100% apple juice	Trail mix & 100% apple juice	Cheeze-Its & 100% apple juice	Animal crackers & 100% apple juice	Pretzels & 100% apple juice
Week 3	13	14	15	16	17
Breakfast	WG cereal, pears & 1% milk	WG cheese toast, peaches, & 1% milk	WG pancakes w/ syrup, pineapples, & 1% milk	Turkey sausage w/ hashbrowns, mixed fruit, & 1% milk	WG french toast sticks, pears, & 1% milk
Snack AM	Yogurt w/ blueberries & water	Applesauce & water	Rice Krispys & water	Vanilla wafers & water	WG cheerios & water
Lunch	Mini corn dogs, tator tots, green beans, peaches, & 1% milk	Chicken tenders, mac & cheese, mixed veggies, pineapples, & 1% milk	Grilled cheese sandwich, tomato soup, mixed fruit, & 1% milk	Turkey & cheese sandwich, baked chips, carrots w/ ranch, pears, & 1% milk	Chicken Alfredo, green beans, pineapples, & 1% milk
Vegetarian	Veggie nuggets	Veggie nuggets	Grilled cheese sandwich	Cheese sandwich	Alfredo w/out meat
Snack PM	CheX mix & 100% apple juice	WG veggie straws & 100% apple juice	Teddy grahams & 100% apple juice	Graham crackers & 100% apple juice	WG goldfish & 100% apple juice
Week 4	20	21	22	23	24
Breakfast	WG cereal, pineapples & 1% milk	WG cheese toast, peaches, & 1% milk	WG pancakes w/ syrup, pears, & 1% milk	Turkey sausage w/ hashbrowns, mixed fruit, & 1% milk	WG french toast sticks, pineapples, & 1% milk
Snack AM	Blueberry muffins & water	Saltine crackers, sliced cheese, & water	Apple slices, string cheese, & water	Ritz crackers w/ cream cheese & water	Nutri grain bar & water
Lunch	Cheeseburger, tator tots, peaches, & 1% milk	Rotini pasta w/ meat sauce, corn, pears, & 1% milk	Chicken nuggets, white rice, green beans, mixed fruit, & 1% milk	Cheese pizza, garden salad, pineapples, & 1% milk	Fish sticks, mashed potatoes, rolls, peas, peaches, & 1% milk
Vegetarian	Buttered noodles	Rotini pasta w/out meat	Baked beans	Cheese pizza	Veggie nuggets
Snack PM	WG goldfish & 100% apple juice	Trail mix & 100% apple juice	Cheeze-Its & 100% apple juice	Animal crackers & 100% apple juice	Pretzels & 100% apple juice
Week 5	27	28	29	30	31
Breakfast	WG cereal, peaches & 1% milk	WG cheese toast, pears, & 1% milk	WG pancakes w/ syrup, pears, & 1% milk	Turkey sausage w/ hashbrowns, pineapples, & 1% milk	WG french toast sticks, mixed fruit, & 1% milk
Snack AM	Yogurt w/ blueberries & water	Applesauce & water	Rice Krispys & water	Vanilla wafers & water	WG cheerios & water
Lunch	Beef ravioli, broccoli, pears, & 1% milk	Mini corn dogs, tator tots, green beans, peaches, & 1% milk	Chicken tenders, mac & cheese, mixed veggies, pineapples, & 1% milk	Grilled cheese sandwich, tomato soup, mixed fruit, & 1% milk	Chicken Alfredo, green beans, pineapples, & 1% milk
Vegetarian	Baked beans	Veggie nuggets	Buttered noodles	Grilled cheese sandwich	Alfredo w/out meat
Snack PM	CheX mix & 100% apple juice	WG veggie straws & 100% apple juice	Teddy grahams & 100% apple juice	Graham crackers & 100% apple juice	WG goldfish & 100% apple juice