

Week 1	3	4	5	6	7
Snack AM	English Muffins, Jelly & Mandarin Oranges	Pancakes and Peaches	Granola* Yogurt Parfait w/Berries	Blueberry WG Oatmeal*	Cheerios* and Bananas
Lunch	Spaghetti & Meat Sauce Green Beans Apples	Fish Sticks Mixed Veggies Pineapples	Swedish Meatballs Peas and Carrots Oranges	Chicken Rice Casserole Mixed Veggies Watermelon	Chicken Taco Salad Oranges
Vegetarian	Meatless Sauce & Crumbles	Veggie Fish Filets	Meatless Meatballs	Meatless Chicken Strips	N/A
Snack PM	Wheat Thins*, Cheese/ Mixed Fruit	Whole Grain Crackers*, String Cheese/Mixed Fruit	Animal Crackers/ Mixed Fruit	Chips and Salsa/Mixed Fruit	Graham Crackers*/ Applesauce
Week 2	10	11	12	13	14
Snack AM	Cereal* & Bananas	Granola* Yogurt Parfait w/Berries	Chex Cereal* & Bananas	Cinnamon Wheat* Toast and Pears	Cheerios* & Bananas
Lunch	Macaroni and Cheese Mixed Veggies Pineapple	Grilled Cheese Peas Apples	Chicken Fried Chicken Mashed Potatoes Oranges	Corn Dogs Tater Tots Watermelon	Whole Grain Cheese Pizza* Green Beans Oranges
Vegetarian	N/A	N/A	Veggie Chicken Patty	Veggie Corn Dog	N/A
Snack PM	Chex Mix/Mixed Fruit	Cheese & Crackers/ Mixed Fruit	Pretzels/ String Cheese & Mixed Fruit	Animal Crackers/Mixed Fruit	Graham Crackers*/ Applesauce
Week 3	17	18	19	20	21
Snack AM	Strawberry WG Oatmeal*	Pancakes and Bananas	Cinnamon Wheat Toast* & Blueberries	French Toast* and Pears	Blueberry Muffins
Lunch	Fish Sticks Peas Peaches	Dino Nuggets* Tater Tots Pineapples	Macaroni & Cheese Peas and Carrots Apples	Salisbury Steak Mashed Potatoes Watermelon	Lunchables on WG Crackers* Carrot Sticks Peaches
Vegetarian	Veggie Fish Filets	Veggie Nuggets	N/A	Veggie Patty	N/A
Snack PM	Club Crackers & Cheese Sticks/Mixed Fruit	Goldfish/Mixed Fruit	Pretzels/ Bananas	Chips and Salsa/Mixed Fruit	Graham Crackers*/ Applesauce
Week 4	24	25	26	27	28
Snack AM	Hashbrowns and Pears	Eggs, Turkey Sausage & Peaches	French Toast and Blueberries	Croissants, Jelly & Peaches	Cheerios* & Bananas
Lunch	Cheeseburger Smile Fries Apples	Taquitos Refried Beans Pineapple	Whole Grain Steak Fingers* Broccoli and Cheese Oranges	Chicken Quesadillas Green Beans Pears	Whole Grain Cheese Pizza* Green Beans Oranges
Vegetarian	Veggie Burgers	Veggie Taquito Bites	Veggie Nuggets	Cheese Quesadilla	N/A
Snack PM	Whole Grain Crackers*, String Cheese/Mixed Fruit	Graham Crackers*/ Applesauce	Pretzels/ Bananas	Cheese, Whole Wheat* Butter Rounds/Mixed Fruit	Graham Crackers*/ Applesauce
Week 5	31	1	2	3	4
Snack AM	WG Bagels*, Jelly & Bananas	Granola* Yogurt Parfait w/Berries	French Toast* and Pears	Chex Cereal* and Bananas	Blueberry Muffins
Lunch	Sausage Breakfast Potatoes Pineapple	Grilled Turkey/Cheese on Whole Grain Bread* Green Beans/ Apples	Whole Grain Steak Fingers* Broccoli and Cheese Oranges	Chicken Alfredo Peas Watermelon	Lunchables on WG Crackers* Carrot Sticks Peaches
Vegetarian	Veggie Sausage	Grilled Cheese	Veggie Nuggets	Meatless Chicken Strips	N/A
Snack PM	Chips and Salsa/Mixed Fruit	Cheese & Crackers/Mixed Fruit	Chex Mix/Mixed Fruit	Pretzels and String Cheese/Mixed Fruit	Graham Crackers*/ Applesauce