

Week 1	1	2	3	4	5
Breakfast	Whole Grain Cereal, Fresh Fruit	Homemade Fluffy Blueberry Pancakes	Yogurt Bowl, Fresh Fruit	Whole Grain Cheezy Toast, Fresh Fruit	Homemade Zoo Animal Waffles, Fresh Fruit
Lunch	Baked Protein Pasta, Seasonal Veggies, Beans, Milk/Water	Roasted Garlic Chicken, Brown Rice, Seasonal Veggies, Milk/Water	Mac "N" Cheese, Seasonal Veggies, Beans, Milk/Water	Oven Roasted Chicken Bowl, Pasta, Seasonal Veggies, Milk/Water	Protein Cheezy Pizza, Beans, Seasonal Veggies, Milk/Water
Vegetarian		Seasonal Roasted Garlic Veggies, Brown Rice, Beans, Milk/Water		Oven Roasted Pasta Bowl, Seasonal Veggies, Beans, Milk/Water	
Snack PM	Cheese Cubes, Crackers	Homemade Lemon Blueberry Cake	Fresh Fruit, Crackers	Homemade Carrot Cake National Carrot Cake Day!	Chef's Choice
Week 2	8	9	10	11	12
Breakfast	Whole Grain Cereal, Fresh Fruit	Homemade Apple Spice Muffins	Homemade Fluffy Pancakes, Fresh Fruit	Whole Grain Jelly Toast, Fresh Fruit	Homemade Zoo Animal Waffles, Fresh Fruit
Lunch	Baked Pasta Marinara, Seasonal Veggies, Beans, Milk/Water	Cheezy Chicken, Brown Rice with Broccoli, Milk/Water	Baked Veggie Pesto Pasta, Beans, Milk/Water	Protein Cheezy Pizza, Beans, Seasonal Veggies, Milk/Water	Whole Grain Protein Grilled Cheese, Beans, Veggies, Milk/Water National Grilled Cheese Day!
Vegetarian		Cheezy Brown Rice with Broccoli, Beans, Milk/Water			
Snack PM	Fresh Fruit, Crackers	White Bean Coffee Cake National Coffee Cake Day! (7th)	Cheese Cubes, Crackers	Yogurt Bowl, Fresh Fruit	Chef's Choice
Week 3	15	16	17	18	19
Breakfast	Whole Grain Cereal, Fresh Fruit	Homemade Zoo Animal Waffles, Fresh Fruit	Toasted Sun Butter Sandwiches, Fresh Fruit	Scramble Eggs, Fresh fruit	Homemade Fluffy Blueberry Pancakes
Lunch	Protein Pasta, Seasonal Veggies, Beans, Milk/Water	Lemon Rosemary Chicken, Brown Rice, Seasonal Veggies, Beans, Milk/Water	Tex Mex Cheese Quesadillas, Beans, Roasted Veggies, Milk/Water	Cheezy Chicken, Pasta, Seasonal Veggies, Milk/Water	Protein Cheezy Pizza, Beans, Seasonal Veggies, Milk/Water
Vegetarian		Lemon Rosemary Seasonal Veggies, Brown Rice, Beans, Milk/Water		Cheezy Pasta, Seasonal Veggies, Beans, Milk/Water	
Snack PM	Fresh Fruit, Crackers	Homemade Apple Cinnamon Bars	Cheese And Crackers National Cheese Balls Day!	Homemade Strawberry Crumb Bars	Chef's Choice
Week 4	22	23	24	25	26
Breakfast	Whole Grain Cereal, Fresh Fruit	Homemade Fluffy Banana Pancakes	Maple Sugar Oatmeal, Fresh Fruit	Whole Grain Cheezy Toast, Fresh Fruit	Homemade Zoo Animal Waffles, Fresh Fruit
Lunch	Cheezy Baked Ziti, Seasonal Veggies, Beans, Milk/Water	Creamy Chicken, Brown Rice, Seasonal Veggies, Milk/Water	Whole Grain Protein Grilled Cheese, Beans, Veggies, Milk/Water	Baked Chicken Cacciatore, Pasta, Seasonal Veggies, Beans, Milk/Water	Protein Cheezy Pizza, Beans, Seasonal Veggies, Milk/Water
Vegetarian		Creamy Rice, Seasonal Veggies, Beans, Milk/Water		Baked Pasta Cacciatore, Seasonal Veggies, Beans, Milk/Water	
Snack PM	Cheese Cubes, Crackers	Pineapple Upside Down Cake National Pineapple Upside Down Cake Day! (20th)	Home Made Kids 'R' Kids Trail Mix	Homemade Zucchini Bread National Zucchini Bread Day!	Chef's Choice
Week 5	29	30	1	2	3
Breakfast	Whole Grain Cereal, Fresh Fruit	Homemade Zoo Animal Waffles, Fresh Fruit			
Lunch	Mac "N" Cheese, Seasonal Veggies, Beans, Milk/Water	Mexican Chicken, Brown Rice, Seasonal Veggies, Milk/Water			
Vegetarian		Mexican Brown Rice, Seasonal Veggies, Beans, Milk/Water			
Snack PM	Fresh Fruit, Crackers	Homemade Oatmeal Cookies National Oatmeal Cookie Day!			

- Due to Supply Chain issues, substitutions may be made if products are unavailable.
- Milk is served at lunch daily. Water is available throughout the day.
- Fruits are cut fresh and include a variety of seasonal fruits.
- Breads, oats, rice, and cereal are 100% whole grain.
- Vegetarian options may include but are not limited to veggie nuggets, veggie meatballs, or hidden veggie and bean pasta.
- Secondary options may include but are not limited to yogurt, whole wheat cheese toast, protein pasta, or whole wheat sunbutter and jelly sandwich.
- Hidden Veggies and Seasonal Veggies may include but are not limited to cauliflower, green beans, carrots, broccoli, spinach, peas, and beans.