

Monday

Tuesday

Wednesday

Thursday

Friday

1

Breakfast: Oatmeal, Pears, Milk

Lunch: Turkey Spaghetti, (WG Buns), Garden Salad, Peaches, Milk

Snack: Cube Cheese, Crackers

2

Breakfast: Bagels (WG) w/Cream Cheese, Mixed Fruit, Milk

Lunch: Turkey Tacos, w/Cheese (WG Tortillas), Black Beans, Corn, Pineapples, Milk

Snack: Graham Crackers, 100% Grape Juice

3

Breakfast: Blueberry Muffins, Applesauce, Milk

Lunch: Grilled Cheese Sandwiches, Tomato Soup, Pineapples, Milk

Snack: Pretzels, 100% Orange Juice

4

Breakfast: Corn Puffs Cereal, Mandarins, Milk

Lunch: Turkey & Cheese Sandwiches, (WG Bread), Green Beans, Apple Slices, Milk

Snack: Teddy Grahams, 100% Apple Juice

5

Breakfast: Cheese Grits, Strawberries, Milk

Lunch: BBQ Chicken, Brown Rice, Peas & Carrots, Pears, Milk

Snack: Yogurt, Peaches

8

Breakfast: French Toast Sticks, Blueberries, Milk

Lunch: Sloppy Joes-Ground Turkey (WG buns), Green Beans, Mandarins, Milk

Snack: Animal Crackers, %100 Berry Juice

9

Breakfast: Cream of Wheat, Pears, Milk

Lunch: Chicken Alfredo (Penne WG), Broccoli, Apple Slices, Milk

Snack: Strawberry Chex Mix, 100% Orange Juice

10

Breakfast: Banana Muffins, Applesauce, Milk

Lunch: Fish Sticks, Yellow Rice, Green Beans, Tropical Fruit, Milk

Snack: Wheat Wafers, %100 Apple Juice

11

Breakfast: Toasted Oats Cereal, Pineapples, Milk

Lunch: Turkey & Cheese Wraps (WG Tortillas), Carrot Sticks, Mandarins, Milk

Snack: Goldfish, 100% Grape Juice

12

Breakfast: Cheese Toast, Peaches, Milk

Lunch: Extra Cheese Pizza (WG), Garden Salad, Pineapples, Milk

Snack: Tortilla Chips, Salsa

15

Breakfast: English Muffins (WG), Mangoes, Milk

Lunch: Chicken Noodle Soup, Rolls (WG), Green Beans, Apple Slices, Milk

Snack: Club Crackers, Turkey Slices

16

Breakfast: Pancakes (WG) Mixed Fruit, Milk

Lunch: Teriyaki Chicken, Brown Rice, Red Beans, Peaches, Milk

Snack: Pretzels, 100% Mixed Berry Juice

17

Breakfast: Turkey Sausage, Hashbrowns, Pears, Milk

Lunch: Ground Turkey-Roni (WG Rolls) Broccoli, Mandarins, Milk

Snack: Cheddar Chex Mix 100% Grape Juice

"National Fajita Day"

Breakfast: Croissants, Tropical Fruit, Milk

Lunch: Chicken Fajitas (WG Tortillas) Black Beans, Peas, Milk

Snack: Ritz Crackers, 100% Apple Juice

"National Soft Ice Cream"

Breakfast: Biscuits w/jelly, Strawberries, Milk

Lunch: Chicken Sandwich (WG Buns) Baked Beans, Peaches, Milk

Snack: Teddy Grahams, Vanilla Ice Cream

22

Breakfast: Cheese Toast, Peaches, Milk

Lunch: BBQ Meatballs (WG Rolls) Mashed Potatoes, Peas & Carrots, Pineapples, Milk

Snack: Goldfish, 100% Apple Juice

23

Breakfast: Oatmeal, Mixed Fruit, Milk

Lunch: Turkey Tacos, w/Cheese (WG Tortillas), Lettuce & Tomatoes, Black Beans, Pears, Milk

Snack: Graham Crackers, Applesauce

"National Waffle Day"

Breakfast: Waffles (WG), Apple Slices, Milk

Lunch: BBQ Chicken, Brown Rice, Green Beans, Pineapples, Mandarins, Milk

Snack: Cheese Its, 100% Mixed Berry Juice

25

Breakfast: Apple Cinnamon Cereal, Bananas, Milk

Lunch: Fish Fillet Sandwiches (WG Buns), Mixed Vegetables, Peaches, Milk

Snack: Yogurt, Peaches

26

Breakfast: Cheese Grits, Strawberries, Milk

Lunch: Turkey Spaghetti, (WG Rolls), Corn, Pears, Milk

Snack: Animal Crackers, Milk

29

Breakfast: French Toast (WG), Tropical Fruit, Milk

Lunch: Chicken Alfredo (Penne WG), Broccoli, Pears, Milk

Snack: Pretzels, 100% Apple Juice

30

Breakfast: English Muffins (WG), Peaches, Milk

Lunch: Ground Turkey Chili, Brown Rice, Red Beans, Apple Slices, Milk

Snack: Tortilla Chips, Salsa

31

Breakfast: Blueberry Muffins (WG), Pineapples, Milk

Lunch: Macaroni & Cheese (WG Pasta), Peas & Carrots, Tropical Fruit, Milk

Snack: Teddy Grahams, 100% Berry Juice

