

Snack: Goldfish and 100%

Apple Juice



Monday	Tuesday	Wednesday	Thursday	Friday
BREAST CANCER Let's Fight together	Breakfast: Biscuits (WG), Peaches and Milk Lunch: Turkey Burger (WG) Buns Tater Tots, Pears, Peas and Carrots and Milk Snack: Saltines and Cheese Slices	Breakfast: Cinnamon Oatmeal (WG) Strawberries and Milk Lunch: Chicken Pot Pie, Biscuits (WG), Peas and Carrots, Mangoes and Milk Snack: Veggie Straws 100% Grape Juice	Breakfast: Pancakes (WG) Blueberries and Milk Lunch: Grilled Cheese (WG) Bread Tomato Soup Mix Fruit and Milk Snack: Cheddar Chex Mix and 100% Very Berry Juice	Breakfast: Corn Puff Cereal, Bananas and Milk Lunch: Cheese Pizza (WG) Crust, Spinach Salad, Apple Sauce and Milk Snack: Yogurt and Strawberries
7	8	9	10	11
Breakfast: Waffles (WG) Mixed Berries and Milk Lunch: Turkey Spaghetti (WG) and Meatballs Green Beans, Peaches and Milk Snack: Cinnamon Teddy Grahams and 100% Apple Juice	Breakfast: Cream of Wheat, Blueberries and Milk Lunch: Meatloaf, Cornbread (WG) Carrots, Mix Fruit and Milk Snack: Yogurt and Strawberries	Breakfast: Bagels w/Cream Cheese, Mangoes and Milk Lunch: Turkey and Cheese Wraps (WG), Apple Sauce and Milk Snack: Wheat Crackers and Carrot Sticks w/ Ranch	Breakfast: Rice Krispies Cereal, Pears and Milk Lunch: Cheese Pizza (WG) Crust, Garden Salad, Oranges and Milk Snack: Cheddar Chex and 100% Fruit Punch Juice	Breakfast: Blueberry Muffins (WG) Bananas and Milk Lunch: Fish Sticks, Mashed Potatoes, Mixed Vegetables and Apple Slices and Milk Snack: Club Crackers and Cheese Slices
14	15	16	17	18
Breakfast: Cheese Grits, Mix Fruit and Milk Lunch: BBQ Turkey Meatballs (WG) Rolls, Green Beans, Pineapples and Milk Snack: Cheese Sticks and Ritz Crackers	Rice, Black Beans, Pears and Milk	Breakfast: English Muffins (WG) Mixed Berries and Milk Lunch: Turkey Chili, Kidney Beans, Brown Rice (WG), Peaches and Milk Snack: Pretzels and Applesauce	Mandarins and Milk Lunch: Turkaroni, Pasta	Breakfast: Cream of Wheat (WG) Mix Fruit and Milk Lunch: Chicken and Waffles (WG) Sliced Apples and Milk Snacks: Cheez It's and 100% Orange Juice
21	22	23	24	25
Breakfast: French Toast Sticks (WG) Blueberries and Milk Lunch: Cheddar Soup and Broccoli, Garlic Bread, Mandarins and Milk Snack: Strawberry Chex Mix and Yogurt	Breakfast: Croissants, Mangoes and Milk Lunch: Turkey Spaghetti (WG) Fresh Salad, Pears and Milk Snack: Chocolate Animal Crackers and 100% Grape Juice	Breakfast: Hash Brown Patties, Mix Fruit and Milk Lunch: Yellow Rice, Dice Chicken, Green Beans, Sliced Apples and Milk Snack: Nutri Grain Bars and Applesauce	Breakfast: Cornflakes Cereal, Peaches and Milk Lunch: Chicken Noodle Soup, Carrots, Fresh Oranges and Milk Snack: Animal Crackers and 100% Orange Juice	Breakfast: Pumpkin Muffins (WG) Bananas and Milk Lunch: Fish Sticks, Macaroni and Cheese (WG) Green Beans, Pineapples and Milk Snack: Pretzels and Cubed Cheese
28	29	30	31	
Breakfast: Cinnamon Oatmeal, Blueberries and Milk Lunch: Grilled Cheese (WG) Bread Tomato Soup, Mix Fruit and Milk	Breakfast: Bagels w/ Cream Cheese Mixed Berries and Milk Lunch: Turkey Taco Rice w/Cheese, Salsa, Apples and Milk	Breakfast: Pancakes (WG), Strawberries and Milk Lunch: BBQ Chicken Sandwiches Bun (WG) Carrots, Mangoes and Milk	Breakfast: (WG) Multi Grain Cereal, Peaches and Milk Lunch: Pizza (WG) Crust, Garden Salad, Fruit Cocktail and Milk Snack: (WG) Sun Chips	

Snack: Graham Crackers

and 100% Apple Juice

Snack: Tuna Salad and

(WG) Ritz Crackers

100% Fruit Punch Juice