

Monday

Tuesday

Wednesday

Thursday

Friday



National Vegetarian Day ¹

Breakfast: Cornflakes Cereal (WG), Strawberries and Milk

Lunch: Grilled Cheese (WG), Tomato Soup, Pears and Milk

Snack: Cheez It's and 100% Fruit Punch Juice

²

Breakfast: Banana Muffins (WG) Bananas and Milk

Lunch: Orange Chicken, Brown Rice (WG), Green Beans, Mix Fruit and Milk

Snack: Tortilla Chips and Salsa

⁵

Breakfast: Waffles (WG), Pineapples and Milk

Lunch: Turkey Burgers (WG), Sweet Potato Fries, Mix Fruit and Milk

Snack: Strawberry Chex and Strawberry Yogurt

National Noodle Day ⁶

Breakfast: Cinnamon Oatmeal (WG), Peaches and Milk

Lunch: Chicken Noodle Soup, Rolls (WG) Mix Vegetables, Fresh Oranges and Milk

Snack: Animal Crackers and 100% Orange Juice

⁷

Breakfast: English Muffins (WG), Apple Slices and Milk

Lunch: Turkey Spaghetti (WG), Green Beans, Tropical Fruit and Milk

Snack: Ritz Crackers and Turkey Slices

⁸

Breakfast: Apple Cinnamon Cereal (WG), Pears and Milk

Lunch: Cheese Pizza (WG), Corn, Pineapples and Milk

Snack: Saltine Crackers and 100% Grape Juice

⁹

Breakfast: Banana Muffins (WG), Bananas and Milk

Lunch: Baked Chicken Legs, Yellow Rice (WG), Garden Salad, Mandarin Oranges and Milk

Snack: Goldfish and 100% Apple Juice

¹²

Breakfast: Pancakes (WG), Apple Slices and Milk

Lunch: Chicken Patty Sandwiches (WG), Celery Sticks, Mix Fruit and Milk

Snack: Ritz Crackers and Turkey Slices

¹³

Breakfast: Cheese Grits (WG), Blueberries and Milk

Lunch: Turkaroni (WG), Green Beans, Peaches and Milk

Snack: Cheez It's and 100% Fruit Punch Juice

National Dessert Day ¹⁴

Breakfast: Bagels (WG), Pears and Milk

Lunch: Chicken and Gravy, Yellow Rice (WG), Sweet Peas, Mandarin Oranges, and Milk

Snack: Yogurt and Strawberries

¹⁵

Breakfast: Toasted Oats Cereal(WG), Mix Fruit and Milk

Lunch: Turkey and Cheese Sandwiches (WG), Carrot Sticks, Applesauce and Milk

Snack: Wheat Thins and 100% Grape Juice

National Taco Day ¹⁶

Breakfast: Pancakes (WG), Pineapples and Milk

Lunch: Turkey Tacos (WG), Lettuce and Tomatoes, Apricots and Milk

Snack: Strawberry Chex and 100% Apple Juice

¹⁹

Breakfast: Waffles (WG), Mandarin Oranges and Milk

Lunch: Chicken Alfredo(WG), Broccoli,Pineapples and Milk

Snack: Tortilla Chips and Salsa

²⁰

Breakfast: Cream Of Wheat (WG), Strawberries and Milk

Lunch: Turkey Chili, Brown Rice (WG), Red Beans, Pears and Milk

Snack: Goldfish and 100% Fruit Punch Juice

²¹

Breakfast: Biscuits (WG), Mixed Berries and Milk

Lunch: Chicken Nuggets, Macaroni and Cheese (WG), Green Beans, Apricots and Milk

Snack: Pretzels and Cheese Cubes

²²

Breakfast: Cornflakes Cereal (WG), Crushed Pineapples and Milk

Lunch: BBQ Turkey Meatballs, Rolls (WG), Spinach, Fresh Oranges and Milk

Snack: Ritz Crackers and 100% Grape Juice

²³

Breakfast: Blueberry Muffins (WG), Blueberries

Lunch: Taco Chicken, Tortilla Chips (WG), Shredded Lettuce, Mix Fruit and Milk

Snack: Yogurt and Graham Crackers

²⁶

Breakfast: French Toast Sticks (WG), Apple Slices and Milk

Lunch: Tuna Helper (WG), Sweet Peas, Pears and Milk

Snack: Saltine Crackers and Cheese Sticks

²⁷

Breakfast: Cinnamon Oatmeal (WG), Mixed Berries and Milk

Lunch: Chicken and Cheese Quesadillas (WG), Corn, Pineapples and Milk

Snack: Cheez It's and 100% Apple Juice

²⁸

Breakfast: English Muffins (WG), Blueberries and Milk

Lunch: Chicken Nuggets, Rolls (WG), Mix Vegetables, Peaches and Milk

Snack: Strawberry Chex and Applesauce

²⁹

Breakfast: Crisp Rice Cereal (WG), Apricots and Milk

Lunch: Chicken Noodle Soup, Rolls (WG) Carrots, Fresh Oranges and Milk

Snack: Animal Crackers and 100% Orange Juice

³⁰

Breakfast: Croissants (WG), Bananas and Milk

Lunch: Teriyaki Chicken, Brown Rice (WG), Veggie Stir Fry, Sliced Apples and Milk

Snack: Ritz Crackers and 100% Fruit Punch Juice