

Week 1	31	1	2	3	4
Breakfast	(WG) Kix Cereal, Peaches	(WG) Belgian Waffle Sticks, Oranges	(WG) Blueberry Bagels, Pineapples Tibits	Assorted Cereal, Pears	Oatmeal, Warm Apples
Snack AM	Vanilla Yogurt, Animal Crackers	(WG) Muffin, Milk	Fruit Salsa, Graham Crackers	Lemon Blueberry Cornbread, Milk	Cinnamon Raisin Bread, Pears
Lunch	(WG) Cheesy Chicken Rice, Peas, Cantaloupe	Salisbury Steak, Dinner Roll, Mashed Potatoes, Corn	(WG) Cheese Quesadillas, Gr. Beans, Fresh Pineapple	French Toast Sticks, Sausage Patties, Hashbrowns, Blueberries	(WG) Chicken Crispino, Mixed Veggies, Mixed Fruit
Snack PM	Soft Pretzels, Cheese Cubes	(WG) Sun Chips, Garlic Hummus	Scooby Doo Snacks, Juice	Ham & Cheese Roll-up	Am. Cheese Slices, Club Crackers
Week 2	7	8	9	10	11
Breakfast	(WG) Life Cereal, Peaches	French Toast Sticks, Oranges	Cinnamon Sugar English Muffins, Apples	Cini Minis, Pears	Biscuits & Gravy, Hashbrown Patty
Snack AM	Bean Salsa, (WG) Tortilla Chips (Tortillas)	(WG) Muffin, Milk	Wheat Thins, Hummus	Graham Crackers, Strawberry Yogurt	Cottage Cheese, Baby Carrots
Lunch	(WG) Taco Beef Rice, Carrots, Cantaloupe	(WG) Bosco Sticks, Corn, Honeydew	Hot Ham & Cheese, Green Beans, Watermelon	Swedish Meatballs, Mashed Potatoes, (WG) Dinner Rolls, Pineapple	Beefy Goulash, Broccoli, Mixed Fresh Fruit
Snack PM	Bug Bite Crackers, Juice	Cinnamon Raisin Bread, Apricots	Fiesta Crackers, Cucumber Slices	Toasted Cheese Sandwich, Applesauce	(HM) Chex Trail Mix, Cheese Stick
Week 3	14	15	16	17	18
Breakfast	(WG) Cheerios, Diced Peaches, Milk	(WG) Waffles, Oranges, Milk	(WG) Cinnamon Rolls, Apples, Milk	(WG) Apple/Cinnamon Baked Oats, Diced Pears, Milk	(WG) Turkey Sausage & Cheese Breakfast Sandwich, Strawberries, Milk
Snack AM	Goldfish Crackers, Apricots	Sprinkle Muffins, Milk	Oyster Crackers, String Cheese	Cheese Its, Cottage Cheese	Sun Chips (or tortillas), Baby Carrots
Lunch	Cheese Pizza WG Crust, Corn, Cantaloupe, Milk	Chicken Teriyaki w/ Rice, Egg Roll, Honeydew, Milk	Salisbury Steak, Mashed Potatoes, Carrots, Milk	Grilled Chicken, WG Buttered Noodles, Carrots, Watermelon, Milk	Walking Frito Taco w/Beef, Mixed Vegetables, Mixed Fruit, Milk
Snack PM	Pita Bread, Sliced Cheese	Cucumbers, Dinner Roll	Strawberry Yogurt, Cinnamon Raisin Bread	Cinnamon Coffee Cake Muffin, Milk	Sweet and Salty Trail Mix, Tropical Fruit
Week 4	21	22	23	24	25
Breakfast	(WG) Rice Chex, Diced Peaches, Milk	(WG) Pancakes, Oranges, Milk	(WG) Strawberry Cream Cheese Bagel Bites, Apples, Milk	(WG) Biscuits & Gravy, Diced Pears, Milk	(WG) Toast, Fruit Cocktail, Milk
Snack AM	Wheat Thins, Cottage Cheese	Cucumbers, Rice Cakes	Animal Crackers, Mandarin Oranges	Orange Cranberry Muffin, Milk	Vanilla Yogurt, Nutri-grain Bars
Lunch	Cheese Burger on a WG Bun, Peas, Cantaloupe, Milk	Cooks Choice, Honeydew, Milk	French Toast Sticks, Turkey Sausage, Hashbrowns, Watermelon, Milk	Beefy Spaghetti, Green Beans, Pineapple, Milk	Ham & Cheese Rollup, Lettuce w/dressing, Mixed Fruit, Milk
Snack PM	Baby Carrots, English Muffins	Lemon Blueberry Corn Muffin, Milk	Soft Pretzels, String Cheese	Turkey & Ham Tortilla Wrap	Naan Bread, Cheddar Cheese Cubes
Week 5	28	29	30	1	2
Breakfast	Assorted Cereal, Diced Peaches, Milk	(WG) Hot Items, Oranges, Milk	(WG) Bagels, Apples, Milk	(WG) Maple Baked Oats, Diced Pears, Milk	(WG) Ham & Cheese Breakfast Sandwich, Tropical Fruit, Milk
Snack AM	Goldfish Crackers, Cottage Cheese	Pumpkin Muffin, Milk	Strawberry & Cheerio Yogurt Parfait	English Muffin, Mango & Blueberries	Granola Bars, Apricot Halves
Lunch	WG Lasagna Rollups, Corn, Cantaloupe, Milk	WG Cheesy Chicken & Brown Rice, Peas, Honeydew, Milk	WG Bean & Beef Burritos, Diced Carrots, Watermelon, Milk	Hamburger Pizza on WG Crust, Green Beans, Pineapple, Milk	Mac & Cheese, Mixed Vegetables, Mixed Fruit, Milk
Snack PM	Sun Chips (or tortillas), Cucumber Slices	Mini Pretzels, Cheese Cubes	Pita Bread, Turkey Slices	Chocolate Chip Muffin, Milk	Club Crackers, String Cheese