





Week 1	3	4	5	6	7
Breakfast Snack	Frozen Blueberries, Yogurt	Breakfast Bar, Bananas	Fruit Smoothie	Yogurt, Dried Fruit	Pastry Crisp, Oranges
Breakfast	Pancake on a stick, Fruit Cocktail	(WG) Mini Croissants, Strawberries	(WG) Cheerios, Banana	English Muffins w/ Butter, Scrambled Eggs, Strawberries	Kolache, Pears
Lunch	(WG) Chicken Sandwich, Fries, Corn, Mandarin Oranges	Chicken Quesadillas, Black Beans, Pears	Chicken Alfredo, Peas, Apple Sauce	Spaghetti w/ Meat sauce, Green Beans, Pineapple	(WG) Chicken Nuggets, Mac 'N' Cheese, Green Beans, Mandarin Oranges
Vegetarian	Veggie Burger, Fries, Corn, Mandarin Oranges	Cheese Quesadilla, Black Beans, Pears	Veggie Chicken, Mashed Potatoes, Green Beans, Stuffing, Cranberry Sauce	Spaghetti w/ Tomato Sauce & Cheese, Green Beans, Pineapple	Veggie Nuggets, Mac 'N' Cheese, Green Beans, Mandarin Oranges
Snack PM	Applesauce w/ Graham Crackers	Pretzels, Apple Juice	Apple Slices, Cheese	Wheat Thins, Apples	Chex Mix, Fruit Cocktail
Week 2	10	11	12	13	14
Breakfast Snack	Blueberry Muffins, Bananas	Fig bar, Pineapples	Breakfast Bar, Bananas	Cheez-its, Apple Juice	Yogurt w/ Strawberries
Breakfast	(WG) French Toast, Pears	(WG) Toast, Eggs, Blueberries	French Toast, Blueberries	(WG) Pancakes, Pineapples	(WG) Waffles, Fruit Cocktail
Lunch	BBQ Meatballs, Rice, Green Beans, Peaches	Turkey & Cheese Sandwich, Carrots, Applesauce	Nachos w/ Ground Beef, Corn, Pineapples	Fish Sticks, Rice, Corn, Peaches	Cheeseburgers, Fries, Green Beans, Fruit Cocktail
Vegetarian	Quesadilla, Pinto Beans, Pineapples	Grilled Cheese, Carrots, Applesauce	Nachos, Corn, Pineapples	Grilled Cheese Sandwich, Peas, Applesauce,	Veggie Burger, Fries, Green Beans, Fruit Cocktail
Snack PM	Goldfish, 100% Juice	Graham Crackers, Blueberries	Cheese Itz, Banana	Mini Corn Dogs, Pears	String Cheese w/ Peaches
Week 3	17	18	19	20	21
Week 3 Breakfast Snack	Frozen Blueberries, Yogurt	18 Breakfast Bar, Bananas	19 Fruit Smoothie	Yogurt, Dried Fruit	Pastry Crisp, Oranges
Week 3 Breakfast	Frozen Blueberries, Yogurt Pancake on a stick, Fruit Cocktail	18 Breakfast Bar, Bananas (WG) Mini Croissants, Strawberries	19 Fruit Smoothie (WG) Cheerios, Banana	Yogurt, Dried Fruit English Muffins w/ Butter, Scrambled Eggs, Strawberries	Pastry Crisp, Oranges Kolache, Pears
Week 3 Breakfast Snack	Frozen Blueberries, Yogurt Pancake on a stick, Fruit Cocktail (WG) Chicken Sandwich, Fries, Corn, Mandarin Oranges	18 Breakfast Bar, Bananas (WG) Mini Croissants, Strawberries Chicken Quesadillas, Black Beans, Pears	19 Fruit Smoothie (WG) Cheerios, Banana Chicken Alfredo, Peas, Apple Sauce	Yogurt, Dried Fruit English Muffins w/ Butter, Scrambled Eggs, Strawberries Spaghetti w/ Meat sauce, Green Beans, Pineapple	Pastry Crisp, Oranges Kolache, Pears (WG) Chicken Nuggets, Mac 'N' Cheese, Green Beans, Mandarin Oranges
Week 3 Breakfast Snack Breakfast	Frozen Blueberries, Yogurt Pancake on a stick, Fruit Cocktail (WG) Chicken Sandwich,	18 Breakfast Bar, Bananas (WG) Mini Croissants, Strawberries Chicken Quesadillas, Black	19 Fruit Smoothie (WG) Cheerios, Banana Chicken Alfredo, Peas, Apple	Yogurt, Dried Fruit English Muffins w/ Butter, Scrambled Eggs, Strawberries Spaghetti w/ Meat sauce,	Pastry Crisp, Oranges Kolache, Pears (WG) Chicken Nuggets, Mac 'N' Cheese, Green Beans, Mandarin
Week 3 Breakfast Snack Breakfast Lunch	Frozen Blueberries, Yogurt Pancake on a stick, Fruit <u>Cocktail</u> (WG) Chicken Sandwich, Fries, Corn, Mandarin Oranges <u>Veggie Burger, Fries, Corn,</u>	18 Breakfast Bar, Bananas (WG) Mini Croissants, Strawberries Chicken Quesadillas, Black Beans, Pears Cheese Quesadilla, Black Beans, Pears Pretzels, Apple Juice	19 Fruit Smoothie (WG) Cheerios, Banana Chicken Alfredo, Peas, Apple Sauce Veggie Chicken, Mashed Potatoes, Green Beans,	Yogurt, Dried Fruit English Muffins w/ Butter, Scrambled Eggs, Strawberries Spaghetti w/ Meat sauce, Green Beans, Pineapple Spaghetti w/ Tomato Sauce & Cheese, Green Beans, Pineapple Wheat Thins, Apples	Pastry Crisp, Oranges Kolache, Pears (WG) Chicken Nuggets, Mac 'N' Cheese, Green Beans, Mandarin Oranges Veggie Nuggets, Mac 'N' Cheese, Green Beans, Mandarin Oranges Chex Mix, Fruit Cocktail
Week 3 Breakfast Snack Breakfast Lunch Vegetarian	Frozen Blueberries, Yogurt Pancake on a stick, Fruit Cocktail (WG) Chicken Sandwich, Fries, Corn, Mandarin Oranges Veggie Burger, Fries, Corn, Mandarin Oranges Applesauce w/ Graham	18 Breakfast Bar, Bananas (WG) Mini Croissants, Strawberries Chicken Quesadillas, Black Beans, Pears Cheese Quesadilla, Black Beans, Pears	19 Fruit Smoothie (WG) Cheerios, Banana Chicken Alfredo, Peas, Apple Sauce Veggie Chicken, Mashed Potatoes, Green Beans, Stuffing, Cranberry Sauce	Yogurt, Dried Fruit English Muffins w/ Butter, Scrambled Eggs, Strawberries Spaghetti w/ Meat sauce, Green Beans, Pineapple Spaghetti w/ Tomato Sauce & Cheese, Green Beans, Pineapple	Pastry Crisp, Oranges Kolache, Pears (WG) Chicken Nuggets, Mac 'N' Cheese, Green Beans, Mandarin Oranges Veggie Nuggets, Mac 'N' Cheese, Green Beans, Mandarin Oranges
Week 3 Breakfast Snack Breakfast Lunch Vegetarian Snack PM	Frozen Blueberries, Yogurt Pancake on a stick, Fruit Cocktail (WG) Chicken Sandwich, Fries, Corn, Mandarin Oranges Veggie Burger, Fries, Corn, Mandarin Oranges Applesauce w/ Graham Crackers	18 Breakfast Bar, Bananas (WG) Mini Croissants, Strawberries Chicken Quesadillas, Black Beans, Pears Cheese Quesadilla, Black Beans, Pears Pretzels, Apple Juice	19 Fruit Smoothie (WG) Cheerios, Banana Chicken Alfredo, Peas, Apple Sauce Veggie Chicken, Mashed Potatoes, Green Beans, Stuffing, Cranberry Sauce Apple Slices, Cheese	Yogurt, Dried Fruit English Muffins w/ Butter, Scrambled Eggs, Strawberries Spaghetti w/ Meat sauce, Green Beans, Pineapple Spaghetti w/ Tomato Sauce & Cheese, Green Beans, Pineapple Wheat Thins, Apples	Pastry Crisp, Oranges Kolache, Pears (WG) Chicken Nuggets, Mac 'N' Cheese, Green Beans, Mandarin Oranges Veggie Nuggets, Mac 'N' Cheese, Green Beans, Mandarin Oranges Chex Mix, Fruit Cocktail
Week 3 Breakfast Snack Breakfast Lunch Vegetarian Snack PM Week 4 Breakfast	Frozen Blueberries, Yogurt Pancake on a stick, Fruit Cocktail (WG) Chicken Sandwich, Fries, Corn, Mandarin Oranges Veggie Burger, Fries, Corn, Mandarin Oranges Applesauce w/ Graham Crackers 24 Blueberry Muffins, Bananas (WG) French Toast, Pears	18 Breakfast Bar, Bananas (WG) Mini Croissants, Strawberries Chicken Quesadillas, Black Beans, Pears Cheese Quesadilla, Black Beans, Pears Pretzels, Apple Juice 25 Fig bar, Pineapples (WG) Toast, Eggs, Blueberries	19 Fruit Smoothie (WG) Cheerios, Banana Chicken Alfredo, Peas, Apple Sauce Veggie Chicken, Mashed Potatoes, Green Beans, Stuffing, Cranberry Sauce Apple Slices, Cheese 26 Breakfast Bar, Bananas French Toast, Blueberries	Yogurt, Dried Fruit English Muffins w/ Butter, Scrambled Eggs, Strawberries Spaghetti w/ Meat sauce, Green Beans, Pineapple Spaghetti w/ Tomato Sauce & Cheese, Green Beans, Pineapple Wheat Thins, Apples 27 Cheez-its, Apple Juice (WG) Pancakes, Pineapples	Pastry Crisp, Oranges Kolache, Pears (WG) Chicken Nuggets, Mac 'N' Cheese, Green Beans, Mandarin Oranges <i>Veggie Nuggets,</i> Mac 'N' Cheese, Green Beans, Mandarin Oranges Chex Mix, Fruit Cocktail 28 Yogurt w/ Strawberries (WG) Waffles, Fruit Cocktail
Week 3 Breakfast Snack Breakfast Lunch Vegetarian Snack PM Week 4 Breakfast Snack	Frozen Blueberries, Yogurt Pancake on a stick, Fruit Cocktail (WG) Chicken Sandwich, Fries, Corn, Mandarin Oranges Veggie Burger, Fries, Corn, Mandarin Oranges Applesauce w/ Graham Crackers 24 Blueberry Muffins, Bananas (WG) French Toast, Pears BBQ Meatballs, Rice, Green Beans, Peaches	18 Breakfast Bar, Bananas (WG) Mini Croissants, Strawberries Chicken Quesadillas, Black Beans, Pears Cheese Quesadilla, Black Beans, Pears Pretzels, Apple Juice 25 Fig bar, Pineapples (WG) Toast, Eggs, Blueberries Turkey & Cheese Sandwich, Carrots, Applesauce	19 Fruit Smoothie (WG) Cheerios, Banana Chicken Alfredo, Peas, Apple Sauce Veggie Chicken, Mashed Potatoes, Green Beans, Stuffing, Cranberry Sauce Apple Slices, Cheese 26 Breakfast Bar, Bananas French Toast, Blueberries Nachos w/ Ground Beef, Corn, Pineapples	Yogurt, Dried Fruit English Muffins w/ Butter, Scrambled Eggs, Strawberries Spaghetti w/ Meat sauce, Green Beans, Pineapple Spaghetti w/ Tomato Sauce & Cheese, Green Beans, Pineapple Wheat Thins, Apples 27 Cheez-its, Apple Juice (WG) Pancakes, Pineapples Fish Sticks, Rice, Corn, Peaches	Pastry Crisp, Oranges Kolache, Pears (WG) Chicken Nuggets, Mac 'N' Cheese, Green Beans, Mandarin Oranges <i>Veggie Nuggets,</i> Mac 'N' Cheese, Green Beans, Mandarin Oranges Chex Mix, Fruit Cocktail 28 Yogurt w/ Strawberries (WG) Waffles, Fruit Cocktail Cheeseburgers, Fries, Green Beans, Fruit Cocktail
Week 3 Breakfast Snack Breakfast Lunch Vegetarian Snack PM Week 4 Breakfast Snack Breakfast	Frozen Blueberries, Yogurt Pancake on a stick, Fruit Cocktail (WG) Chicken Sandwich, Fries, Corn, Mandarin Oranges Veggie Burger, Fries, Corn, Mandarin Oranges Applesauce w/ Graham Crackers 24 Blueberry Muffins, Bananas (WG) French Toast, Pears BBQ Meatballs, Rice, Green	18 Breakfast Bar, Bananas (WG) Mini Croissants, Strawberries Chicken Quesadillas, Black Beans, Pears Cheese Quesadilla, Black Beans, Pears Pretzels, Apple Juice 25 Fig bar, Pineapples (WG) Toast, Eggs, Blueberries Turkey & Cheese Sandwich,	19 Fruit Smoothie (WG) Cheerios, Banana Chicken Alfredo, Peas, Apple Sauce Veggie Chicken, Mashed Potatoes, Green Beans, Stuffing, Cranberry Sauce Apple Slices, Cheese 26 Breakfast Bar, Bananas French Toast, Blueberries Nachos w/ Ground Beef, Corn,	Yogurt, Dried Fruit English Muffins w/ Butter, Scrambled Eggs, Strawberries Spaghetti w/ Meat sauce, Green Beans, Pineapple Spaghetti w/ Tomato Sauce & Cheese, Green Beans, Pineapple Wheat Thins, Apples 27 Cheez-its, Apple Juice (WG) Pancakes, Pineapples	Pastry Crisp, Oranges Kolache, Pears (WG) Chicken Nuggets, Mac 'N' Cheese, Green Beans, Mandarin Oranges <i>Veggie Nuggets,</i> Mac 'N' Cheese, Green Beans, Mandarin Oranges Chex Mix, Fruit Cocktail 28 Yogurt w/ Strawberries (WG) Waffles, Fruit Cocktail Cheeseburgers, Fries, Green

*Milk served with Breakfast & Lunch