



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					Egg Patty WG Biscuit (1 oz) Mandarin Oranges Milk 1%
LUNCH					WG Macaroni & Cheese • ¼ oz Cheese; ¼ c WG Noodles ½ oz Vegetarian Baked Beans (1.25 m/ma) Field Green Salad w Ranch Fresh Fruit Salad Honeydew, Cantaloupe, Pineapple) Milk 1%  Veg: Same
SNACK					Hard Boiled Egg WW Ritz Crackers
BREAKFAST	WG Kix Cereal Peaches Milk 1%	WG Oatmeal (0.7 oz) Pineapple Tidbits Milk 1%	WG Cinnamon Stuffed Mini Bagel Sliced Apple Milk 1%	WG Crispy Rice Cereal (½ oz) Banana Milk 1%	Scrambled Eggs WG English Muffin Pears Milk 1%
LUNCH	<u>Latin America</u> Arroz con Pollo (2 oz Pollo 1 ½ oz m/ma with ¼ c Vegetables Pepper, Onion Tomatoes) WG Rice Red Beans Milk 1%  Veg: Dr Praegars Chix Strips con Pollo w Rice	Beef Patty WG Roll Broccoli & Ranch Dip Mashed Sweet Potatoes Milk 1%  Veg: Hummus IW Cheese WG w Pita (1 oz g) NO ROLL	<u>Asian</u> Honey Glazed Chicken 1.5 m/ma Asian WG Brown Rice Stir Fried Asian Vegetables Mandarin Oranges Milk 1%  Veg: Honey Glazed Dr Praegars Chix Nuggets 1.5 m/ma	Fish Filet WG Bun Field Green Salad w Ranch Honeydew Milk 1%  Veg: Yogurt & Bun	<u>Make Your Own Burrito</u> Black Beans & 1/8 c Monterrey Cheese (1 ½ oz Meat Alternate) WW Tortilla (1 oz) Mild Salsa Spinach w Italian Pineapple Milk 1%  Veg: Same
PM SNACK	Vanilla Yogurt (2 oz) WG Goldfish	Zucchini Coins w/Veggie Dip WG Ritz Crackers	Cantaloupe Animal Crackers	Hardboiled Egg Graham Cracker Squares	String Cheese Apple Slices
BREAKFAST	 11	WG French Toast Tropical Fruit Salad (Pineapple, Papaya, Guava) Milk 1%	WG English Muffin w Pc Jelly Melon Salad Milk 1%	WG Scooter cereal Banana Milk 1%	Egg Patty WG Biscuit (1 oz) Mandarin Oranges Milk 1%
LUNCH	<u>Morocco</u> Moroccan Chicken 2 oz m/ma Curried Couscous Vegetable Cantaloupe Milk 1%  Veg: Moroccan Chickpeas 1.5 oz m/ma	<u>Make Your Own Fish Taco</u> Fish Sticks WG Tortilla (1 oz Grain) Field Greens Salad w creamy Italian Pears Milk 1%  Veg: Sesoned Beans	<u>Make Your Own Wrap</u> Turkey (2 Slices) Slice Cheddar Cheese WG Flour Tortilla (1 oz Grain) Cucumbers & Yogurt Dip Apple Slices Milk 1% Veg Hummus, m/ma on, ZPita	WG Macaroni & Cheese • ¼ oz Cheese; ¼ c WG Noodles ½ oz Vegetarian Baked Beans Broccoli w Veggie Dip Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) Milk 1% Veg: Same	
PM SNACK		Carrot Sticks w/Veggie Dip Cheddar Cheese (IW)	Blueberry mini muffin Juice	Graham Crackers Pineapple	Oatmeal Cookies Vanilla Yogurt



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<b>BREAKFAST</b>	18 WG Kix Cereal (1 oz) Peaches Milk 1%	19 WG Waffle (0.7 oz) Pears Milk 1%	20 WG Bagel (1 oz WG) & Cream Cheese Sliced Apple Milk 1%	21 WG Crispy Rice (¼ oz) Banana Milk 1%	22 Cheese Omelet WG English Muffin w PC Jelly Pears Milk 1%
<b>LUNCH</b>	<u>Japan</u> Teriyaki Chicken WG Rice (½ oz Grain) Spinach Salad w Ranch Pineapple Milk 1%  Veg: Dr Praegars Chix Nuggets w Teriyaki Sauce	<u>Make Your Own Sub</u> Meatballs 1.5 oz m/ma in Marinara Hot Dog Roll Baby Carrots Honeydew Milk 1%  Veg: Vegetarian Meatballs	Chicken WG Twist Field Greens Salad w Italian Tropical Fruit Salad (Pineapple, Papaya, Guava) Milk 1%  Veg: Dr. Praegars Chix Strips w Twist	Beef Patty WG Bun (1.8 oz) Glazed Carrots Cantaloupe Milk 1%  Veg: Veggie Patty	Seasoned Red Beans and WG Rice • Beans; Rice Broccoli w Italian Dressing Apple Slices Milk 1%  Veg: Same
<b>PM SNACK</b>	Applesauce Graham Crackers	Vanilla Yogurt (2 oz) Mandarin Oranges	Cucumbers w/Ranch Dip WG Goldfish	Blueberry Mini Muffin Peaches	IW Cheddar WG Ritz Crackers
<b>BREAKFAST</b>	25 WG Corn Flakes 0.68 oz Pineapple Tidbits Milk 1%	26 WG Pancake (1.14 oz) w syrup Peaches Milk 1%	27 WG English Muffin w PC Jelly Melon Salad Milk 1%	28 WG Scooter cereal Banana Milk 1%	29 Egg Patty WG Biscuit (1 oz) Mandarin Oranges Milk 1%
<b>LUNCH</b>	WG Spaghetti & Meat Sauce 2 oz m/ma ground Beef Green Beans Orange Wedges Milk 1%  Veg: Spaghetti & c Black Bean Tomato Sauce 1.5 oz m/ma	<u>Africa</u> Kati Kati Chicken 2 oz m/ma WG Rice Sautéed Spinach & Tomatoes Apple Slices Milk 1%  Veg: Kati Kati Chickpeas 2 oz m/ma	<u>Make Your Own Pizza</u> TBSP Mozzarella Shredded Cheese m/ma String Cheese Marinara Sauce (Hot) WG English Muffin Broccoli & Yogurt Dip Tropical Fruit Salad (Pineapple, Papaya, Guava) Milk 1%  Veg: Same	Chicken Patty Slice Cheddar Cheese WG Bun (1.8 oz) Baked Batatas and Apples Milk 1%  Veg: Dr Praeger's Chix nuggets	WG Macaroni & Cheese • ¼ oz Cheese; ¼ c WG Noodles ½ oz Vegetarian Baked Beans (1.25 m/ma) Field Green Salad w Ranch Fresh Fruit Salad Honeydew, Cantaloupe, Pineapple Milk 1%  Veg: Same
<b>PM SNACK</b>	Blueberry Mini Muffin Carrots with Honey Mustard dip	Squares Graham Crackers (½ oz) Tootie Fruity Chip Dip	Cucumber & Veggie Dip String Cheese	<u>Make your own Parfait</u> nut-free Granola Strawberry Banana	Hard Boiled Egg WW Ritz Crackers