



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	<p><i>Fresh Fruit to include seasonal rotation of fruits available to include – plums, pears, peaches, berries Served W/ 2% milk</i></p>		<p>1 oz Turkey (2 slices) 1 tbsp Hummus ½ oz Cheddar Cheese 1 WG Flour Tortilla ¼ c Broccoli w/ Ranch 1/8 c Fresh Fruit Salad <i>Veg: ¼ c Hummus Wrap w 1 oz Fresh Mozzarella Cheese</i></p>	<p>2 Chicken Tenders w Honey Mustard 1 WG Cornbread 1/8 c Cooked Carrots 1/8 c Applesauce <i>Veg: 2 Vegetarian Nuggets</i></p>	<p>BAG LUNCH 2 oz Turkey & Cheese Sandwich (1 oz Cheese, 1 oz Turkey, 1 Whole Grain) ¼ c Steamed Carrots ¼ c Applesauce 1 pc Mayo & Mustard <i>Veg 2 oz Mozzarella Cheese Sandwich</i></p>
	<p>¼ c Beef Vegetable Lomein (1/8 c Stir Fried Asian Vegetables, 1/8 c Beef) 1/8 c Lomein Noodles 1/8 c Mandarin Oranges <i>Veg: ¼ c Vegetable Lomein/1 String Cheese</i></p>	<p>2 Chicken Nuggets 1 WG Roll (1 oz) 1/8 c Corn 1/8 c Pears <i>Veg: 2 Vegetarian Nuggets</i></p>	<p>2 oz Fish Fillet 1 WG Biscuit 1/8 c Steamed Carrots w Ranch 1/8 c Tropical Fruit Salad <i>Veg: 2 oz Vegan Fish</i></p>	<p>¼ c Chicken Spaghetti (1oz Chicken and ¼ c Noodles) 1/8 c Steamed Spinach w Italian 1/8 c Fresh Fruit Salad <i>Veg: ¼ Cheesy Spaghetti/ Cheese</i></p>	<p>1/8 c Black Beans ½ c Shredded Monterey Cheese 1 6 in WG Tortilla 1/8 c Shredded Romaine 1/8 c Peaches <i>Veg: Same</i></p>
	<p>4 CN Chicken Nuggets 1 oz WG Dinner Roll ¼ c Green Beans ¼ c Applesauce <i>Veg: 3 Vegetarian Nuggets</i></p>	<p>¼ c Beef Taco Meat 1/8 c Shredded Lettuce 1 TBSP Shredded Cheddar Cheese 1 oz WG Tortilla 1/8 c Diced Melon Salad <i>Veg: ¼ c Black Beans</i></p>	<p>3 Cheese Ravioli w Marinara Sauce 1/8 c Peas 1 oz WG Roll 1/8 c Pineapple <i>Veg: Same</i></p>	<p>2 oz Tuna Salad 1 Slider WG Bread 1/8 c Steamed Broccoli w Italian 1/8 c Mandarin Oranges <i>Veg: 2 oz Fresh Mozzarella Cheese</i></p>	<p>BAG LUNCH 2 oz Turkey/Cheese Sandwich (1 oz Cheese, 1 oz Turkey, 1 Whole Grain) ¼ c Steamed Carrots ¼ c Applesauce 1 pc Mayo & Mustard <i>Veg 2 oz Mozzarella Cheese Sandwich</i></p>
	<p>1 oz Beef BBQ Sandwich 1 WG Bun (1 oz) 1/8 c Cauliflower 1/8 c Pineapple <i>Veg: 1 Vegetarian Burger</i></p>	<p>¼ c Popcorn Chicken (2oz) ¼ c Mashed Potatoes 1 oz WG Dinner Roll ¼ c Diced Honeydew <i>Veg: 2 Vegetarian Nuggets</i></p>	<p>2 Meatballs (1.5 oz) & w marinara Sauce 1/8 c G Penne Pasta 1/8 c Steamed Spinach w Ranch 1/8 c Applesauce <i>Veg: ¼ c Penne with Cheese</i></p>	<p>4 CN Chicken Nuggets ¼ c Rice 1/8 c Mixed Vegetables 1/8 c Fresh Fruit Salad <i>Veg: Southwest Tofu Scrumble</i></p>	<p>1 oz English Muffin 1 oz Shredded Mozzarella Cheese 1/8 c Marinara Sauce 1/8 c Parmesan Roasted Broccoli 1/8 c Mandarin Oranges <i>Veg: Same</i></p>
	<p>2 CN Chicken Patty Sandwich w/ Cheddar Cheese 1 oz WG Bun 1/8 c Green Beans 1/8 c Applesauce <i>Veg: 2 Vegetarian Nuggets</i></p>	<p>¼ c WG Spaghetti & ½ c Meat Sauce 1/8 c Steamed Baby Carrots w Italian 1/8 c Diced Honeydew <i>Veg: Cuban Black Bean</i></p>	<p>2 oz CN Turkey Burger w/ Cheddar Cheese 1 oz WG Bun 1/8 c Steamed Broccoli w/ Ranch 1/8 c Pears <i>Veg: 1 Veggie Burger w/ Cheese</i></p>	<p>1 Crunchy Hawaiian Chicken Wrap (2 oz <i>M/MA</i>, ½ C Veg, 1 ¼ oz grain) 1 oz WG Wrap 1/8 c Black Bean Salad 1/8 c Fresh Fruit Salad <i>Veg: 3/8 c Black Bean Wrap</i></p>	<p>BAG LUNCH 2 oz Turkey & Cheese Sandwich (1 oz Cheese, 1 oz Turkey, 1 Whole Grain) ¼ c Steamed Carrots ¼ c Applesauce 1 pc Mayo & Mustard <i>Veg 2 oz Mozzarella Cheese Sandwich</i></p>



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LUNCH	<p><i>Fresh Fruit to include seasonal rotation of fruits available to include – plums, pears, peaches, berries</i> <i>Served w/ 2% milk</i></p>		<p>1 1 oz Turkey (2 slices) 2 tbsp Hummus ½ oz Cheddar Cheese 1 WG Flour Tortilla ½ c Tossed Salad w/ Ranch ¼ c Fresh Fruit Salad <i>Veg: 1/8 c Hummus Wrap w 1 oz Fresh Mozzarella Cheese</i></p>	<p>2 2 Chicken Tenders w Honey Mustard 1 WG Cornbread 1/4 C Coleslaw ¼ c Apple Slices <i>Veg: 3 Vegetarian Nuggets</i></p>	<p>BAG LUNCHES 3 2 oz Turkey & Cheese Sandwich (1 oz Cheese, 1 oz Turkey, 1 Whole Grain) ¼ c Carrots ¼ c Apple 1 pc Mayo & Mustard <i>Veg 2 oz Cheese Sandwich</i></p>
	<p>6 ½ c Beef Vegetable Lomein (1/4 c Stir Fried Asian Vegetables, 1/4 c Beef) ¼ c Lomain Noodles ¼ c Mandarin Oranges <i>Veg: ½ c Vegetable Lomain</i></p>	<p>7 4 Chicken Nuggets 1 WG Roll (1 oz) ¼ c Corn ¼ c Pears <i>Veg: 3 Vegetarian Nuggets</i></p>	<p>8 1 Fish Fillet (3 oz) 1 WG Biscuit ¼ c Coleslaw ¼ c Tropical Fruit Salad <i>Veg: 2 Vegan Fish</i></p>	<p>9 ½ c Chicken Spaghetti (2oz Chicken and ¼ c Noodles) ½ c Spinach Salad w Italian ¼ c Fresh Fruit Salad <i>Veg: 1/2 c Cheesy Spaghetti/1</i></p>	<p>10 ¼ c Black Beans ⅓ c Shredded Monterey Cheese 1 6 in WG Tortilla ½ c Shredded Romaine ¼ c Peaches <i>Veg: Same</i></p>
	<p>13 1 Oven Fried Chicken Legs (2oz) 1 oz WG Dinner Roll ¼ c Green Beans ¼ c Apple Slices <i>Veg: 3 Vegetarian Nuggets</i></p>	<p>14 ¼ c Beef Taco Meat ½ c Shredded Lettuce 2 TBSP Shredded Cheddar Cheese 1 oz WG Tortilla ¼ c Diced Melon Salad <i>Veg: 3/8 c Blk Beans</i></p>	<p>15 4 Cheese Ravioli (2.4 oz) Marinara Sauce ¼ c Peas 1 oz WG Roll ¼ c Pineapple</p>	<p>16 2 oz Tuna Salad 1 Slider WG Bread ¼ c Broccoli w Italian 2 Orange Wedges <i>Veg: 2 oz Fresh Mozzarella Cheese</i></p>	<p>BAG LUNCHES 17 2 oz Turkey & Cheese Sandwich (1 oz Cheese, 1 oz Turkey, 1 Whole Grain) ¼ c Carrots ¼ c Apple Slices 1 pc Mayo & Mustard <i>Veg 2 oz Mozzarella Cheese</i></p>
	<p>20 2 oz Beef BBQ Sandwich 1 WG Bun (1 oz) ¼ c Cauliflower ¼ c Pineapple <i>Veg: 1 Veggie Burger</i></p>	<p>21 9 pc Popcorn Chicken (2.25 oz) ¼ c Mashed Potatoes 1 oz WG Dinner Roll ¼ c Diced Honeydew <i>Veg: 3 Vegetarian Nuggets</i></p>	<p>22 4 Meatballs 2 oz) w Marinara Sauce ¼ c WG Penne (½ oz) ½ c Spinach w Ranch ½ Apple <i>Veg: ½ c Penne with Cheese</i></p>	<p>23 4 CN Chicken Nuggets ¼ c Rice ¼ c Mixed Vegetables ¼ c Fresh Fruit Salad <i>Veg: Southwest Tofu Scramble/ 1 String Cheese</i></p>	<p>24 1 oz English Muffin 2 oz Shredded Mozzarella Cheese ¼ c Marinara Sauce ¼ c Parmesan Roasted Broccoli 2 Orange Wedges (1/4 c <i>Veg: Same</i></p>
	<p>27 3 CN Chicken Patty Sandwich (3oz) 1 oz WG Bun ¼ c Green Beans ¼ c Applesauce <i>Veg: 3 Vegetarian Nuggets</i></p>	<p>28 ¼ c WG Spaghetti & ½ c Meat Sauce ¼ c Field Green Salad w Italian ¼ c Diced Honeydew <i>Veg: Cuban Black Bean</i></p>	<p>29 2 oz CN Turkey Burger w/ Cheddar Cheese 1 oz WG Bun ¼ c Broccoli w/ Ranch ¼ c Pears <i>Veg: 1 Veggie Burger w Cheese</i></p>	<p>30 1 Crunchy Hawaiian Chicken Wrap (2 oz M/MA, ½ c Veg, 1 ¾ oz grain) 1 oz WG Wrap ¼ c Black Bean Salad ¼ c Fresh Fruit Salad <i>Veg: 3/8 c Black Bean Wrap</i></p>	<p>BAG LUNCHES 31 2 oz Turkey & Cheese Sandwich (1 oz Cheese, 1 oz Turkey, 1 Whole Grain) ¼ c Carrots ¼ c Apple Slices 1 pc Mayo & Mustard <i>Veg 2 oz Mozz. Cheese Sandwich</i></p>