

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	BF: OATMEAL, FRESH FRUIT LU: BEEF STEW, WHOLE-GRAIN NOODLES MIXED VEGETABLES, FRESH PEARS SN: CHEESE TOAST TRIANGLES APPLE SLICES	BF: MINI WHOLE-GRAIN BAGELS WITH CREAM CHEESE, FRESH FRUIT LU: CHICKEN QUESADILLA WITH BROWN RICE, MIXED VEGETABLES, ORANGE SLICES SN: CARROT AND CELERY STICKS	BF: TOAST WITH BUTTER YOGURT, FRESH FRUIT LU: MAC & CHEESE WITH PASTA, CHICKEN NUGGETS, GREEN BEANS, APPLESAUCE SN: BANANA WITH MINI BAGELS	BF: ORANGE SLICES AND CEREAL LU: MEATBALL SANDWICHES ON BUN, GREEN BEANS, PEARS SN: PINEAPPLE WITH LOW-SODIUM CRACKERS	BF: SCRAMBLED EGGS, TOAST, FRESH FRUIT LU: TOASTED CHEESE SANDWICH WITH PEAS, PEACHES SN: WHOLE-GRAIN PITA AND HUMMUS
WEEK 2	BF: CEREAL WITH BANANA LU: TURKEY BURGER WHOLE-GRAIN BUN CORN ON THE COB, FRESH FRUIT SN: CHEESE TOAST TRIANGLES APPLE SLICES	BF: ENGLISH MUFFIN WITH 100% FRUIT JAM OR BUTTER, FRESH FRUIT LU: BREADED CHICKEN ON ROLLS WITH MASHED SWEET POTATOES, GREEN BEANS, PEARS SN: FRESH FRUIT WITH CRACKERS	BF: FRENCH TOAST STICKS, ORANGE SLICES LU: FISH STICKS, NOODLES WITH BUTTER, STEAMED CARROTS, ORANGE SLICES SN: YOGURT WITH FRESH FRUIT, CARROT STICKS	BF: HARDBOILED EGG WITH TOAST, FRESH FRUIT LU: BAKED ZITI WITH MEAT SAUCE, BROCCOLI FLORETS, APPLESAUCE, BERRIES SN: CRACKERS WITH CHEESE, APPLE SLICES	BF: FRESH FRUIT WITH MINI BAGEL (CREAM CHEESE OR BUTTER) LU: TURKEY AND CHEESE WRAPS ON WHOLE GRAIN PEAS, FRESH FRUIT SN: GRANOLA BAR, CUCUMBER SICES WITH VEGGIE DIP
WEEK 3	BF: SCRAMBLED EGGS FRESH FRUIT, BUTTERED TOAST LU: SPAGHETTI WITH MEAT SAUCE, MIXED VEGETABLES, FRUIT SN: APPLE SLICES WITH SUNBUTTER, WHOLE-GRAIN CRACKERS	BF: WAFFLES WITH MAPLE SYRUP OR BUTTER, BANANAS LU: CHICKEN STIR FRY, BROWN RICE, MIXED VEGGIES, FRUIT SN: TURKEY SLICES WITH CHEESE WHOLE-GRAIN PITA	BF: MINI WHOLE-GRAIN BAGELS WITH CREAM CHEESE, FRESH FRUIT LU: QUESADILLAS WITH TORTILLA, AVOCADO MASH, RICE, FRUIT SN: GRANOLA BAR, FRUIT, CARROT STICKS	BF: PANCAKES, APPLESAUCE LU: ENGLISH MUFFIN PIZZA, FRESH VEGETABLES, FRUIT SN: HUMMUS AND PITA, FRESH FRUIT	BF: OATMEAL, FRESH FRUIT LU: CHICKEN MEATBALLS ON BUNS W/TOMATO SAUCE, GREEN BEANS, FRUIT SN: ORANGE SLICES AND YOGURT
WEEK 4	BF: CEREAL WITH FRESH FRUIT LU: SOFT TACOS WITH GROUND BEEF, LETTUCE, CHEESE, AND TOMATOES, PEACHES SN: MINI CORNBREAD MUFFINS, FRUIT	BF: ENGLISH MUFFIN WITH 100% FRUIT JAM OR BUTTER, FRESH FRUIT LU: BAKED BREADED CHICKEN STRIPS WITH ROLLS, MASHED SWEET POTATO, FRESH FRUIT, MIXED VEGETABLES SN: YOGURT AND BANANA SLICES	BF: SCRAMBLED EGGS WITH TOAST, BANANAS LU: SLICED TURKEY AND CHEESE ON BREAD, STEAMED CARROTS, APPLESAUCE SN: CRACKERS WITH HUMMUS	BF: YOGURT, FRESH FRUIT LU: WHOLE GRAIN CHEESE PIZZA W/ VEGGIES & FRESH FRUIT SN: WHOLE-GRAIN CEREAL AND FRUIT	BF: PANCAKES WITH APPLE SLICES LU: MACARONI AND CHEESE WITH BAKED CHICKEN NUGGETS, GREEN BEANS, FRESH FRUIT SN: SPREADABLE CHEESE ON PITA BREAD, FRUIT

- ALL MEALS ARE SERVED WITH MILK OR WATER
- WHOLE GRAINS ARE USED FOR BREAD, PASTA, RICE, CEREAL, CRACKERS AND RELATED ITEMS
- SUBSTITUTIONS MAY BE PROVIDED BASED ON AVAILABILITY
- VEGETARIAN OPTIONS ARE ALWAYS AVAILABLE, AND MAY INCLUDE: VEGGIE DUMPLINGS, TOFU, CHEESE OR BEAN QUESADILLA, BEAN MEDLEY, GRILLED CHEESE SANDWICH, HUMMUS & VEGGIE WRAP, BUTTERED PASTA
- LATE AFTERNOON SNACK AVAILABLE UPON REQUEST