



| Mon  | Tue  | Wed   | Thu   |
|--|--|---|---|
| <p>9<br/>Poptarts, cheese, Juice .....<br/>Chicken Fajitas, WG flour<br/>Tortilla, <i>peppers, onions,</i><br/><i>beans, pears</i></p> | <p>10<br/>WW pancakes, ham, juice<br/>.....Hamburger on WW Bun,<br/><i>lettuce, tomato, onion, pickle,</i><br/><i>cheese, baked chips, beans,</i><br/><i>peach</i></p> | <p>11<br/>Cereal, Banana<br/>.....<br/><i>Pork roast, mashed potatoes,</i><br/><i>gravy, salad, WW roll, mixed</i><br/><i>fruit</i></p> | <p>12<br/><i>Smorgasbord Day</i></p>  |
| <p>16<br/>WW French Toast,<br/>Bacon, Orange<br/>.....<br/><i>Chicken sandwich, pickle spear,</i><br/><i>fruit</i></p>                 | <p>17<br/>Bagel W/cream cheese, ham,<br/>juice<br/>.....Chili, WW bread,<br/>butter, Jell-O w/fruit</p>  | <p>18<br/>Waffle, bacon, oranges<br/>.....<br/><i>Chicken bowl, applesauce</i></p>  | <p>19<br/><i>Oatmeal, link sausage juice</i><br/>.....<br/><i>Pizza, olives, mixed salad, pine-</i><br/><i>apple, sherbet</i></p>                             |
| <p>23<br/><i>Boiled eggs, graham crack-</i><br/><i>er, apples</i><br/>.....<br/><i>Beefy noodles, salad, apricots</i></p>              | <p>24<br/>Croissant, ham and cheese, juice<br/>.....<br/><i>Bean &amp; cheese burrito, on WG</i><br/><i>tortilla, corn, salsa,</i></p>                                 | <p>25<br/><i>WW breakfast burrito, ba-</i><br/><i>nanas</i> .....<br/><i>Fish taco, beans, apples</i></p>                               | <p>26<br/><i>WG Pop tart, ham, juice</i><br/>.....<br/><i>Spaghetti, bread stick, garden</i><br/><i>salad, cottage cheese with pine-</i><br/><i>apple</i></p> |
| <p>30 <i>Banana bread, sausage,</i><br/><i>juice</i><br/>.....<br/><i>Salisbury steak, baked potato,</i><br/><i>pears</i></p>          | <p>31<br/><i>Yogurt, cinnamon toast,</i><br/><i>oranges</i> .....<br/><i>Sweet &amp; Sour Chicken, broccoli,</i><br/><i>brown rice, mandarin oranges</i></p>           |   |   |

**Vegetable**  
 3/4 C a day  
 K-8  
 1 C a day  
 9-12  
**Minimums**  
 Per week

**Red/Orange** 3/4  
 C K-8  
 1 1/4 C 8-  
 12

**Starchy**  
 1/2 C

**Other** 1/2 C K-8  
 3/4 C 9-12

**Milk Available with every meal**  
 FF Flavored, 1% Plain  
 All Juice 100%  
 WW Whole Wheat, WG Whole  
 Grain  
 EG Enriched Grain

**Items may change due to availa-**