



Mon	Tue	Wed	Thu
			1 Cinnamon roll, sausage, juice WG bun, meatball sub, brocco- li/cauliflower/carrot mix, baked chips, Strawberries
6 Tue WG Breakfast burrito, banana Pesole, corn bread, refried beans & cheese, pineapple	7 Wed Sausage, egg, croissant, juice Lasagne, garden salad, WW roll, pudding, peaches	8 Thu Cereal, Gogurt, Apple Steak Fingers, mashed potatoes, gravy, salad, WW roll, mixed fruit	9 Fri Cream of wheat, sausage, dried fruit Pizza, olives, mixed salad, pineapple, sherbet
12 Waffle, bacon, oranges Ravioli, garden salad, bread stick, pears	13 Cheesy Eggs, WW PB Toast, Juice Beef Fajitas, WG flour Tortilla, peppers, onions, beans, pears	14 Pancake-on-a-stick, juice Fish Patty, garden salad, cel- ery, peanut butter, crackers, apples	15 WG Hot pockets, apples Frito pie, Peas & carrots, salsa, apple sauce
19 Ham, EG English muffin, bana- na Grilled cheese, WW sandwich, tomato soup, fresh carrots, pineapple	20 WW pancakes, ham, juice ...Hamburger on WW Bun, lettuce, tomato, onion, pickle, cheese, baked chips, beans, peach	21 Pancake-on-a-stick, juice Chicken Wrap, WG tortilla, beans, garden salad, baked apples	22 Ham & cheese WG quesadilla, juice Hot dogs, WW bun, sweet potato fries, fresh carrots applesauce
26 Blueberry muffin, cheese, juice Chicken bowl (corn, mashed potato, gravy), cole slaw, WW roll, peaches	27 WW French Toast, bacon, orange BBQ Pork on WW bun, salad, pickle spear, apples	28 Boiled eggs, graham cracker, ap- ples Bosco Stick, spinach salad, tomato juice, apricots	29 Cinnamon roll, sausage, juice Pesole, corn bread, refried beans & cheese, pineapple

Vegetable 3/4 C a day K-8 1 C a day 9-12 Minimums Per week	Starchy 1/2	Red/Orange 3/4 C K-8 1 1/4 C 8-12	Beans & Peas 1/2 C	Milk Available with every meal FF Flavored, 1% Plain All Juice 100% WW Whole Wheat, WG Whole Grain EG Enriched Grain
Other 1/2 C K-8 3/4 C 9-12				Items may change due to availa- bility