



Week #1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Multigrain Cheerios Fruit Milk	Whole Wheat Bagel with Cream Fruit Milk	Corn Flakes Fruit Milk	Oatmeal Fruit Milk	English Muffin Fruit Milk
Lunch	Turkey Sloppy Joes on Whole Wheat Bun Tater Tots Fruit Water	Chicken and Quesadillas Corn Fruit Water	Crispy Baked Chicken Green Beans Fruit Water	Hot Turkey and Cheese Hoagies Carrots Fruit Water	Kidney Beans Curry Rice Mixed Veggies Fruit Water
Vegetarian Lunch	Veggie Crumble with Sauce on Whole Wheat Bun Tater Tots Fruit Water	Cheese Quesadillas Corn Fruit Water	Crispy Veggie Patties Green Beans Fruit Water	Hot Veggie Patty And Cheese Hoagies Carrots Fruit Water	Kidney Beans Curry Rice Mixed Veggies Fruit Water
PM - Snack	Trail Mix Water	Cinnamon Applesauce Graham Crackers Water	String Cheese Ritz Crackers Water	Vanilla Yogurt Water	Cube Cheese Goldfish Water

**Seasonal food subject to change*

*** No red meats*



Week #2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Corn Flakes Fruit Milk	Hash Brown Turkey sausage Fruit Milk	Oatmeal Fruit Milk	Whole Grain Muffins Fruit Milk	Rice Krispies Fruit Milk
Lunch	Sliders- Whole Wheat Bun Turkey Patties Sweet Potato Fries Fruit Water	Spaghetti Pasta with Ground Turkey and Tomato Sauce Broccoli Fruit Water	Chicken and Cheese Quesadillas Corn Fruit Water	Turkey Chili and Cheese Fritos Green Beans Fruit Water	Grilled Cheese Sandwiches Tomato Soup Fruit Water
Vegetarian Lunch	Sliders-Veggie Pattie Sweet Potato Fries Fruit Water	Spaghetti Pasta with Tomato Sauce Broccoli Fruit Water	Cheese Quesadilla Corn Fruit Water	Veggie Crumbles/Cheese Fritos Green Beans Fruit Water	Grilled Cheese Sandwiched Tomato Soup Fruit Water
PM - Snack	Strawberry Yogurt Water	Baby Carrots with Ranch Water	Pineapple and Cottage Cheese Water	Trail Mix Water	Graham Crackers and Cinnamon Water



Week #3

Breakfast	Whole Grain Blueberry Muffins Fruit Milk	Sandwiches Fruit Milk	Cornflakes Fruit Milk	Whole Grain English Muffin with Jelly Fruit Milk	Whole Grain Pancakes 100% Maple Syrup Fruit Milk
Lunch	Mac and Cheese Broccoli Fruit Water	Turkey and Cheese Hoagies Green Beans Fruit Water	Spaghetti with Ground Turkey and Marinara Peas and Carrots Fruit Water	Turkey Chili/Cheese Fritos Corn Fruit Water	Kidney Beans Curry Long Grain Rice Mixed Veggies Fruit Water
Vegetarian Lunch	Mac and Cheese Broccoli Fruit Water	Vegetarian Sandwich Green Beans Fruit Water	Spaghetti with Marinara Peas and Carrots Fruit Water	Veggie Crumbles/Cheese Fritos Corn Fruit Water	Kidney Beans Curry Long Grain Rice Mixed Veggies Fruit Water
PM - Snack	Cottage Cheese and Peaches Water	Baby Carrots with Ranch Water	Veggie Straws Water	Cubed Cheese Club Crackers Water	Vanilla Pudding Water

**Seasonal food subject to change*

*** No red meats*

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Week #4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Rice Krispies Fruit Milk	Oatmeal Fruit Milk	Whole Wheat Bagel with Assorted Cream Cheese Fruit Milk	Cheerios Fruit Milk	Pancakes Fruit Milk
Lunch	Lunch Meat Sandwiches Carrots Fruit Water	Chicken Alfredo Pasta Peas and Carrots Fruit Water	Crispy Tacos- Ground Chicken Cheese Shredded Lettuce, Tomato Fruit Water	Crispy Chicken Strips Mashed Potatoes Green Beans Fruit Water	Mac and Cheese Vegetable Fruit Water
Vegetarian Lunch	Cheese Sandwiches Carrots Fruit Water	Alfredo Pasta Peas and Carrots Fruit Water	Crispy Tacos Cheese, Shredded Lettuce, Tomato Fruit Water	Crispy Veggie Strips Mashed Potatoes Green Beans Fruit Water	Mac and Cheese Vegetable Fruit Water
PM - Snack	String Cheese Ritz Crackers Water	Cottage Cheese And Pineapple Water	Vanilla Pudding Water	Vanilla Yogurt Granola Water	Trail Mix Water

**Seasonal food subject to change*

*** No red meats*



Week #5

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Rice Krispies Fruit Milk	Oatmeal Fruit Milk	Harsh Brown Turkey Sausage Fruit Milk	Whole Wheat French Toast 100% Maple Syrup Fruit Milk	Corn Flakes Fruit Milk
Lunch	Pancakes, turkey Sausage Fruit Water	Breaded Chicken Strips Mashed Potatoes Green Beans Fruit Water	Chicken/Cheese Quesadilla Corn Fruit Water	BBQ Chicken Breast Veggies Brown Rice Fruit Water	Grilled Cheese Sandwiches Tomato Soup Fruit Water
Vegetarian Lunch	Pancakes, veggie Sausage Fruit Water	Breaded Veggie Strips Mashed Potatoes Green Beans Fruit Water	Cheese Quesadilla Corn Fruit Water	Breaded Veggie Strips Veggies Brown Rice Fruit Water	Grilled Cheese Sandwiches Tomato Soup Fruit Water
PM - Snack	Cubed Cheese Ritz Crackers Water	Graham Crackers And Applesauce Water	Strawberry Yogurt With Granola Water	Vanilla Pudding Water	Goldfish Water