

Monday	Tuesday	Wednesday	Thursday	Friday
1 Whole Grain Spaghetti HS, 2oz Ground Turkey Meat Sauce, 1 1/2 oz Green beans-HS, 1 cup OrangeHS, 1 Flavored/Unflavored Skim Milk, 8 oz	2 Turkey Chili DC, 6 oz Whole Wheat Crackers-HS, 3 packages Cheddar Cheese, 1oz Apple-HS, 1 Flavored/Unflavored Skim Milk, 8 oz	3 Buffalo Chicken Wrap-HS, 2 House Salad w/Romaine/cucumber, 1 cup Applesauce, 1/2 cup Flavored/Unflavored Skim Milk, 8 oz	4 Baked Chicken HS, 3oz Brown Rice w/vegetables, 1 cup OrangeHS, 1 Flavored/Unflavored Skim Milk, 8 oz	5 Roasted Pork, 2 oz Brown Rice w/pigeon peas, 1 cup Steamed Broccoli, 1/2 cup Banana-HS, 1 Flavored/Unflavored Skim Milk, 8 oz
8 Chicken Fettuccine Alfredo-HS, 1 cup Green beans-HS, 1 cup Apple-HS, 1 Flavored/Unflavored Skim Milk, 8 oz	9 Sheppard's Pie, 1 cup Applesauce, 1/2 cup Flavored/Unflavored Skim Milk, 8 oz	10 Whole Grain Chicken Nuggets-HS, 5 pieces BBQ Sauce-HS, 2 oz Tater Puffs-HS, 1 cup Steamed Carrots-HS, 1 cup Peanut Butter on Wheat-HS, 1 Diced Pears, 4z spoodle Flavored/Unflavored Skim Milk, 8 oz	11 Fried Chicken, 155 Brown Rice, 1 cup Corn, 1/4 cup OrangeHS, 1 Flavored/Unflavored Skim Milk, 8 oz	12 Cheese Pizza-HS, 1 Steamed Broccoli & Cauliflower, 1 /4 cup Banana-HS, 1 Flavored/Unflavored Skim Milk, 8 oz
15 Whole Grain Baked Mostaccioli, 2 oz Ground Turkey Meat Sauce, 1 1/2 oz Steamed Carrots-HS, 1 cup Fruit Medley-L, 1 cup Flavored/Unflavored Skim Milk, 8 oz	16 Whole Grain Breaded Chicken patty, 1 Whole Wheat Bun, 1 Romaine Lettuce, 1/2 cup Tomatoes, 1/4 cup Tater Tots, 1/4 cup Apple-HS, 1 Flavored/Unflavored Skim Milk, 8 oz	17 Italian Meatballs-HS, 3 pieces Whole Grain Dinner Rolls, 1 House Salad w/Romaine/cucumber, 1 cup Red Wine Vinaigrette Dressing, 2 tbs Diced Pears, 4z spoodle Flavored/Unflavored Skim Milk-B, 8 oz	18 Chicken Stew, 4 oz Brown Rice HS, 1/2 cup Corn, 1/4 cup OrangeHS, 1 Flavored/Unflavored Skim Milk, 8 oz	19 Bbq Pulled Pork-HS, 4 oz Whole Wheat Bun, 1 House Salad w/Romaine/cucumber, 1 cup Banana-HS, 1 Flavored/Unflavored Skim Milk, 8 oz
22 Whole Grain Spaghetti HS, 2oz Ground Turkey Meat Sauce, 1 1/2 oz Green beans-HS, 1 cup OrangeHS, 1 Flavored/Unflavored Skim Milk, 8 oz	23 Tortilla Chips-HS, 12 chips Ground Turkey Meat Sauce, 1 1/2 oz Refried Beans, 1/2 cup Romaine Lettuce, 1/2 cup Tomatoes, 1/4 cup Applesauce, 1/2 cup Flavored/Unflavored Skim Milk, 8 oz	24 Fish SticksHS, 4 pieces Tarter Sauce, 1oz House Salad w/Romaine/cucumber, 1 cup Red Wine Vinaigrette Dressing, 2 tbs Fruit Medley-L, 1 cup Flavored/Unflavored Skim Milk, 8 oz	25 Teriyaki Chicken-HS, 2 oz Brown Rice w/vegetables, 1 cup Apple-HS, 1 Flavored/Unflavored Skim Milk, 8 oz	26 Pizza Bread Sticks-HS, 2 Steamed Broccoli, 1/2 cup Banana-HS, 1 Flavored/Unflavored Skim Milk, 8 oz
29	30 Turkey Chili DC, 6 oz Whole Wheat Crackers-HS, 3 packages Cheddar Cheese, 1oz Apple-HS, 1 Flavored/Unflavored Skim Milk, 8 oz	31 Buffalo Chicken Wrap-HS, 2 House Salad w/Romaine/cucumber, 1 cup Applesauce, 1/2 cup Flavored/Unflavored Skim Milk, 8 oz Flavored/Unflavored Skim Milk, 8 oz		