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| MONDAY | | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| LUNCH | 2  Diced Chicken (2 oz) w/ Gravy  1 WG Sliced Bread  ¼ c Glazed Carrots  ¼ c **Apple Slices**  ¾ c Milk  ***Veg: 3/8 c Baked Tofu (3.3 oz) w/ Vegan Gravy*** | **Make your Sandwich** 3  1 Hamburger Patty (1.95 oz) w/ BBQ Sauce  1 **WG** Bun (1.12 oz)  ¼ c **Broccoli w Creamy Italian**  ¼ c **Fresh Fruit Salad** (Pineapple, Cantaloupe and Honeydew)  ¾ c Milk  ***Veg: 1 Veggie Burger (3.5 oz) w/ BBQ Sauce*** | 4  2 Chicken Tenders (1.5 eq oz)  1 **WG** Roll (1.13 oz)  **½** c **Green Salad** w/ Ranch  ¼ c **Peaches**  ¾ Milk  ***Veg: 5 Veg Chick’n Tenders (4.5 oz)*** | **Breakfast for Lunch** 5  3 Turkey Sausage Links (1.5 eq oz) w/ Ketchup  1 **WG** Waffle Maple w Syrup **(Cold)**  ¼ c **Three Bean Salad**  ¼ c **Pears**  ¾ c Milk  ***Veg: 4 Veggie Chik’n Nuggets (3 oz) w/ Ketchup*** | 6  ½ c Macaroni & Cheese  *(0.6 oz eq m/ma; 0.8 oz eq noodles)*  1 String Cheese (1 oz)  ¼ c **Carrots** w/ Veggie dip  **¼** c **Honeydew**  ¾ c Milk  ***Veg: Same*** |
| 9  4 Chicken Nuggets (3.2 oz) w/ Ketchup  1 **WG** Roll (1.13 oz)  ½ c **Spinach & Shredded Carrots Salad** w/ Italian  ¼ c **Pears**  ¾ c Milk  ***Veg: 4 Veggie Chik’n Nuggets (3 oz) w/ Ketchup*** | 10  1 Meatloaf (3.15oz) & Gravy  1 **WG** Bun (1.12 oz)  ¼ c **Chickpeas Salad w/ Diced Cucumbers**  **¼** c **Melon Salad**  ¾ c Milk  ***Veg: 1 Veggie Burger (3.5 oz) w/ BBQ Sauce*** | **Make your Gyro** 11  ¼ c Grilled Chicken Strips (2 oz) w/  ¼ c Yogurt sauce  1 **WG** Flat Bread (1 oz)  **¼** c **Shredded Lettuce**  **¼** c **Mandarin Orange**  ¾ c Milk  ***Veg: 5 Veg Chick’n Tenders (4.5 oz)*** | 12  ½ c Sloppy Joe  *(2 oz Ground Beef )*  1 WG Bun (1.12)  ¼ c **Broccoli** w Ranch  ¼ c **Tropical Fruit Salad** (Papaya, Pineapple)  ¾ c Milk  ***Veg: ½ c Soy protein Sloppy Joe*** | **Make your Sandwich** 13  1 Veggie Burger (3.5 oz) w/ Mayo  1 **WG** Bun (1.12 oz)  ¼ c **Diced Cucumbers**  **¼** c **Apple slices**  ¾ c Milk  ***Veg: Same*** |
| **Make your Sandwich** 16  1 Crispy Chicken Patty (3.25 oz) w/ BBQ Sauce  1 **WG** Bun (1.12 oz)  ¼ c Potato Salad  ¼ c **Tropical Fruit Salad** (Papaya, Pineapple)  ¾ c Milk  ***Veg: 1 Veggie Burger (3.5 oz) w/ / BBQ Sauce*** | 17  ½ c Beef Stir-fry w/  **Asian Vegetables** (Green Beans, Broccoli, Onions, Mushrooms, Red Pepper)  ¼ c Lomein Noodles  , Onions, Mushrooms, Red Pepper)  ¼ c **Fresh Fruit Salad** (Pineapple, Cantaloupe and Honeydew)  ¾ c Milk  ***Veg: 3/8 c Stir-fry Tofu (3.3 oz)*** | 18  1 Cheese Lasagna Roll-up (3.5 oz) w Marinara Sauce  **WG** Lasagna noodles (1 oz eq)  1 String cheese (1 oz)  ½ c **Spinach & Shredded Carrots Salad** w/ Italian  ¼ c **Pears**  ¾ c Milk  ***Veg: Same*** | 1A logo with a black background  AI-generated content may be incorrect.9 | **Make your Quesadilla**  20  ¼ c Black Beans w/ Salsa  2 oz Shredded Mozzarella  1 **WW** Tortilla (1 oz)  ¼ c **Carrots** w/ Veggie dip  ¼ c **Honeydew**  ¾ c Milk  ***Veg: Same*** |
| 23  4 Chicken Nuggets (3.2 oz) w/ Ketchup  1 **WG** Roll (1.13 oz)  ¼ c Potato Salad  ¼ c **Fruit Cocktail (Pineapple**, Grapes, Peaches, Pears, Half Cherry)  ¾ c Milk  ***Veg: 4 Veggie Chik’n Nuggets (3 oz) w/ Ketchup*** | **Make your Taco** 24  ½ c Taco Meat (2 oz Ground Turkey)  2 Tbsp Shredded Cheddar Cheese  **¼** c **Shredded Lettuce &** ¼ c **Diced Tomato**  1 **WW** Tortilla (1 oz)  ¼ c **Fresh Fruit Salad** (Pineapple, Cantaloupe and Honeydew)  ¾ c Milk  ***Veg: 3/8 c Vegan Ground Meat*** | 25  4 Chicken Meatballs (2.1 oz) w/ Marinara sauce  1 pc Parmesan Cheese  1 **WG** Hot Dog Bun (2.2 oz)  **½** c **Spinach & Shredded Carrots**  **Salad** w/ Italian  **¼** c **Peach**  ¾ c Milk  ***Veg: 3 Vegan Meatballs (3.1 oz) w/ Marinara sauce*** | 26  **½** cBeef Macaroni Pasta Baked  *(2oz Beef & ¼ c Pasta)*  **¼** c **Broccoli Florets** w/ Creamy Italian  **¼** c **Mandarin Orange**  ¾ c Milk  ***Veg: Vegan Macaroni Pasta Bake*** | **Make your Pizza** 27  2 oz Shredded Mozzarella  1 **WG** Flat Bread (1 oz)  ¼ c Hot Marinara Sauce  ½ c **Tossed salad** w/ Italian  ¼ c **Cantaloupe**  ¾ c Milk  ***Veg: Same*** |
| **MONDAY** | | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| LUNCH | 30  Curry Chicken w/ Rice  ¼ c Diced Chicken (2 oz) w/ Curry  ¼ c **Brown Rice** w/ Green Peas  **½** c **Spinach & Shredded Carrots Salad** w/ Italian  ¼ c **Fruit Cocktail (Pineapple**, Grapes, Peaches, Pears, Half Cherry)  ¾ c Milk  ***Veg: 3/8 c Black Beans w/ Curry*** |  | | | |