




Pork, peanuts and/ or tree nuts are not used in these menus. All juices are full strength 100% juice

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
LUNCH		1 <u>Make your Sandwich</u> 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	2 2 Chicken Tenders (1.5 eq oz) 1 WG Roll (1.13 oz) ½ c Green Salad w/ Ranch ¼ c Peaches ¾ c Milk Veg: 5 Veg Chick'n Tenders (4.5 oz)	3 <u>Breakfast for Lunch</u> 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	4 				
	7 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	8 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	9 <u>Make your Gyro</u> 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)	10 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	11 <u>Make your Sandwich</u> 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				
	14 <u>Make your Sandwich</u> 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	15 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)	16 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	17 <u>Make your Sandwich</u> 2 Turkey Slices (1.4) 1 Cheese Slices (0.75) 1 WG Bun (1.12 oz) ¼ c Broccoli Florets w/ Creamy Italian ¼ c Fruit Cocktail (Pineapple , Grapes, Peaches, Pears, Half Cherry) ¾ c Milk Veg: 2 oz Fresh Mozzarella Cheese	18 <u>Make your Quesadilla</u> 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				
	21 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	22 <u>Make your Taco</u> 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	23 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	24 ½ c Beef 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	25 <u>Make your Pizza</u> 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				

Fresh Fruit Salad includes Pineapple, Cantaloupe and Honeydew. Seasonal rotation of fresh fruits available to include- Strawberries, Watermelon, Peaches, Whole Milk served to children 12 months-24 months; Low-Fat (1%) milk served to children over 2 years old. Serving Size: ½ c Milk for 1-2 years old; ¾ c Milk for 3-5 years old; 1 c Milk for 6-12 years old.

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MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	28	29	30	31	
	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	1 Meatloaf (3.15 oz) w/ Gravy 1 WG Roll (1.13 oz) ¼ c Coleslaw    ¼ c Cantaloupe ¾ c Milk Veg: 1 Veggie Burger (3.5 oz) w/ BBQ Sauce	1 Cheese Lasagna Roll-up (3.5 oz) with Marinara Sauce WG Lasagna noodles (1 oz eq) 1 String cheese (1 oz) ¼ c Broccoli Florets w/ Creamy Italian 2 Orange Wedges ¾ c Milk Veg: Same	4 Chicken Nuggets (3.2 oz) w/ Ketchup 1 WG Roll (1.13 oz) ¼ c Carrots w/ Veggie Dip ¼ c Pears ¾ c Milk Veg: 4 Veggie Chik'n Nuggets (3 oz) w/ Ketchup	

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