

MONDAY

29

Main Entrees

- Chicken Nuggets
- Whole Grain Dinner Roll
- Turkey Ham & Cheese Sandwich

Fruit & Vegetable Bar

- Fresh Carrots
- Fresh Broccoli Florets
- Sliced Fresh Apples
- Assorted Chilled Fruit

Milk & Condiments

- Chocolate Skim Milk
- 1% Low-fat Milk
- Ketchup Packet
- BBQ Sauce
- Ranch Dressing

TUESDAY

30

Main Entrees

- Bean & Cheese Burrito
- Cheese Pizza
- Turkey and Cheese Sandwich

Fruit & Vegetable Bar

- Fresh Carrots
- Green Peas
- Fresh Orange
- Assorted Chilled Fruit

Milk & Condiments

- Chocolate Skim Milk
- 1% Low-fat Milk
- Mayonnaise
- Mustard Packet
- Ranch Dressing
- Salsa

WEDNESDAY

1

Main Entrees

- Toasty Cheese Sandwich
- Yogurt & Graham Cracker Fun
- Lunch

Fruit & Vegetable Bar

- Small Caesar Salad
- Fresh Carrots
- Garbanzo Beans
- Dried Cranberries
- Assorted Chilled Fruit

Milk & Condiments

- Chocolate Skim Milk
- 1% Low-fat Milk
- Ketchup Packet
- Ranch Dressing

THURSDAY

2

Main Entrees

- Cheese Pizza
- Chicken Caesar Salad Wrap
- Muffin, Cheese, & Yogurt Fun
- Lunch

Fruit & Vegetable Bar

- Small Caesar Salad
- Fresh Carrots
- Green Peas
- Fresh Orange
- Assorted Chilled Fruit

Milk & Condiments

- Chocolate Skim Milk
- 1% Low-fat Milk
- Ranch Dressing

FRIDAY

3

Main Entrees

- Classic American Cheeseburger
- Crispy Chicken Patty Sandwich

Fruit & Vegetable Bar

- Small Caesar Salad
- Fresh Carrots
- Corn
- Sliced Fresh Apples
- Assorted Chilled Fruit

Milk & Condiments

- Chocolate Skim Milk
- 1% Low-fat Milk
- Ketchup Packet
- Mayonnaise
- Ranch Dressing

6

Main Entrees

- Chicken Nuggets
- Whole Grain Dinner Roll
- Turkey Ham & Cheese Sandwich

Sides for All Meals

- Baked Apple Slices

Fruit & Vegetable Bar

- Small Caesar Salad
- Fresh Carrots
- Sliced Fresh Apples
- Assorted Chilled Fruit

Milk & Condiments

- Chocolate Skim Milk
- 1% Low-fat Milk
- Ketchup Packet
- BBQ Sauce
- Ranch Dressing

7

Main Entrees

- Soft Beef Taco
- Shredded Cheddar Cheese
- Shredded Lettuce
- Cheese Pizza
- Turkey and Cheese Sandwich

Fruit & Vegetable Bar

- Green Peas
- Fresh Carrots
- Apple Juice
- Assorted Chilled Fruit

Milk & Condiments

- Chocolate Skim Milk
- 1% Low-fat Milk
- Mayonnaise
- Mustard Packet
- Ranch Dressing
- Salsa

8

Main Entrees

- Turkey Hot Dog
- Yogurt & Graham Cracker Fun
- Lunch

Fruit & Vegetable Bar

- Small Caesar Salad
- Fresh Carrots
- Garbanzo Beans
- Sliced Fresh Apples
- Assorted Chilled Fruit

Milk & Condiments

- Chocolate Skim Milk
- 1% Low-fat Milk
- Ketchup Packet
- Mustard Packet
- Ranch Dressing

9

Main Entrees

- Cheese Pizza
- Chicken Caesar Salad Wrap
- Muffin, Cheese, & Yogurt Fun
- Lunch

Fruit & Vegetable Bar

- Green Peas
- Fresh Carrots
- Dried Cranberries
- Assorted Chilled Fruit

Milk & Condiments

- Chocolate Skim Milk
- 1% Low-fat Milk
- Ranch Dressing

10

Main Entrees

- Sausage Pancake Sandwich
- Pork Sausage Patty
- Classic American Cheeseburger

Fruit & Vegetable Bar

- Small Caesar Salad
- Fresh Carrots
- Fresh Cauliflower Florets
- Apple Juice
- Assorted Chilled Fruit

Milk & Condiments

- Chocolate Skim Milk
- 1% Low-fat Milk
- Ketchup Packet
- Mayonnaise
- Mustard Packet
- Ranch Dressing
- Breakfast Syrup

13

Main Entrees

- The Perfect Sloppy Joe
- Chicken Nuggets
- Whole Grain Dinner Roll

Sides for All Meals

- Baked Apple Slices

Fruit & Vegetable Bar

- Fresh Carrots
- Fresh Broccoli Florets
- Sliced Fresh Apples
- Assorted Chilled Fruit

Milk & Condiments

- Chocolate Skim Milk
- 1% Low-fat Milk
- Ketchup Packet
- BBQ Sauce
- Ranch Dressing

14

Main Entrees

- Bean & Cheese Burrito
- Curry Chicken Salad
- Whole Grain Hamburger Bun
- Cheese Pizza

Fruit & Vegetable Bar

- Fresh Carrots
- Green Peas
- Apple Juice
- Assorted Chilled Fruit

Milk & Condiments

- Chocolate Skim Milk
- 1% Low-fat Milk
- Mayonnaise
- Mustard Packet
- Ranch Dressing
- Salsa

15

Main Entrees

- Turkey Hot Dog
- Yogurt & Graham Cracker Fun
- Lunch

Fruit & Vegetable Bar

- Fresh Carrots
- Fresh Broccoli Florets
- Garbanzo Beans
- Sliced Fresh Apples
- Assorted Chilled Fruit

Milk & Condiments

- Chocolate Skim Milk
- 1% Low-fat Milk
- Ketchup Packet
- Mustard Packet
- Ranch Dressing

16

Main Entrees

- Cheese Pizza
- Chicken Caesar Salad Wrap

Fruit & Vegetable Bar

- Fresh Carrots
- Green Peas
- Apple Juice
- Assorted Chilled Fruit

Milk & Condiments

- Chocolate Skim Milk
- 1% Low-fat Milk
- Ranch Dressing

17

Main Entrees

- Roasted Turkey with Gravy
- Mashed Potatoes
- Whole Grain Dinner Roll
- Cinnamon Glazed Carrots
- Dried Cranberries

Sides for All Meals

- Baked Apple Slices

Milk & Condiments

- Chocolate Skim Milk
- 1% Low-fat Milk
- Ranch Dressing

20

27

21

28

22

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24

31

MONDAY

29

Main Entrees

- Mini Cinnis
- Cinnamon Toast Crunch Cereal
- Reduced Sugar Trix
- Lucky Charms
- Cocoa Puffs Cereal
- Low Fat Mozzarella String Cheese

Fruit & Vegetable Bar

- Assorted Fruit Juice
- Assorted Chilled Fruit

Milk & Condiments

- Chocolate Skim Milk
- 1% Low-fat Milk

TUESDAY

30

Main Entrees

- Apple Cinnamon Muffin
- Cinnamon Toast Crunch Cereal
- Reduced Sugar Trix
- Lucky Charms
- Cocoa Puffs Cereal
- Low Fat Mozzarella String Cheese

Fruit & Vegetable Bar

- Assorted Fruit Juice
- Assorted Chilled Fruit

Milk & Condiments

- Chocolate Skim Milk
- 1% Low-fat Milk

WEDNESDAY

1

Main Entrees

- Breakfast Turkey Sausage Pizza
- Cinnamon Toast Crunch Cereal
- Reduced Sugar Trix
- Lucky Charms
- Cocoa Puffs Cereal
- Low Fat Mozzarella String Cheese

Fruit & Vegetable Bar

- Assorted Fruit Juice
- Assorted Chilled Fruit

Milk & Condiments

- Chocolate Skim Milk
- 1% Low-fat Milk

THURSDAY

2

Main Entrees

- Mini Cinnis
- Cinnamon Toast Crunch Cereal
- Reduced Sugar Trix
- Lucky Charms
- Cocoa Puffs Cereal
- Low Fat Mozzarella String Cheese

Fruit & Vegetable Bar

- Assorted Fruit Juice
- Assorted Chilled Fruit

Milk & Condiments

- Chocolate Skim Milk
- 1% Low-fat Milk

FRIDAY

3

Main Entrees

- Breakfast Rolled Taco
- Cinnamon Toast Crunch Cereal
- Reduced Sugar Trix
- Lucky Charms
- Cocoa Puffs Cereal
- Low Fat Mozzarella String Cheese

Fruit & Vegetable Bar

- Assorted Fruit Juice
- Assorted Chilled Fruit

Milk & Condiments

- Chocolate Skim Milk
- 1% Low-fat Milk

6

Main Entrees

- Frosted Fudge Pop-Tart
- Cinnamon Toast Crunch Cereal
- Reduced Sugar Trix
- Lucky Charms
- Cocoa Puffs Cereal
- Low Fat Mozzarella String Cheese

Fruit & Vegetable Bar

- Assorted Fruit Juice
- Assorted Chilled Fruit

Milk & Condiments

- Chocolate Skim Milk
- 1% Low-fat Milk

7

Main Entrees

- Mini Cinnis
- Cinnamon Toast Crunch Cereal
- Reduced Sugar Trix
- Lucky Charms
- Cocoa Puffs Cereal
- Low Fat Mozzarella String Cheese

Fruit & Vegetable Bar

- Assorted Fruit Juice
- Assorted Chilled Fruit

Milk & Condiments

- Chocolate Skim Milk
- 1% Low-fat Milk

8

Main Entrees

- Breakfast Turkey Sausage Pizza
- Cinnamon Toast Crunch Cereal
- Reduced Sugar Trix
- Lucky Charms
- Cocoa Puffs Cereal
- Low Fat Mozzarella String Cheese

Fruit & Vegetable Bar

- Assorted Fruit Juice
- Assorted Chilled Fruit

Milk & Condiments

- Chocolate Skim Milk
- 1% Low-fat Milk

9

Main Entrees

- Chocolate Chip Muffin
- Cinnamon Toast Crunch Cereal
- Reduced Sugar Trix
- Lucky Charms
- Cocoa Puffs Cereal
- Low Fat Mozzarella String Cheese

Fruit & Vegetable Bar

- Assorted Fruit Juice
- Assorted Chilled Fruit

Milk & Condiments

- Chocolate Skim Milk
- 1% Low-fat Milk

10

Main Entrees

- Mini Maple Waffles
- Breakfast Syrup
- Cinnamon Toast Crunch Cereal
- Reduced Sugar Trix
- Lucky Charms
- Cocoa Puffs Cereal
- Low Fat Mozzarella String Cheese

Fruit & Vegetable Bar

- Assorted Fruit Juice
- Assorted Chilled Fruit

Milk & Condiments

- Chocolate Skim Milk
- 1% Low-fat Milk

13

Main Entrees

- Blueberry Muffin
- Cinnamon Toast Crunch Cereal
- Reduced Sugar Trix
- Lucky Charms
- Cocoa Puffs Cereal
- Low Fat Mozzarella String Cheese

Fruit & Vegetable Bar

- Assorted Fruit Juice
- Assorted Chilled Fruit

Milk & Condiments

- Chocolate Skim Milk
- 1% Low-fat Milk

14

Main Entrees

- Breakfast Rolled Taco
- Cinnamon Toast Crunch Cereal
- Reduced Sugar Trix
- Lucky Charms
- Cocoa Puffs Cereal
- Low Fat Mozzarella String Cheese

Fruit & Vegetable Bar

- Assorted Fruit Juice
- Assorted Chilled Fruit

Milk & Condiments

- Chocolate Skim Milk
- 1% Low-fat Milk

15

Main Entrees

- Breakfast Turkey Sausage Pizza
- Cinnamon Toast Crunch Cereal
- Reduced Sugar Trix
- Lucky Charms
- Cocoa Puffs Cereal
- Low Fat Mozzarella String Cheese

Fruit & Vegetable Bar

- Assorted Fruit Juice
- Assorted Chilled Fruit

Milk & Condiments

- Chocolate Skim Milk
- 1% Low-fat Milk

16

Main Entrees

- Apple Cinnamon Muffin
- Cinnamon Toast Crunch Cereal
- Reduced Sugar Trix
- Lucky Charms
- Cocoa Puffs Cereal
- Low Fat Mozzarella String Cheese

Fruit & Vegetable Bar

- Assorted Fruit Juice
- Assorted Chilled Fruit

Milk & Condiments

- Chocolate Skim Milk
- 1% Low-fat Milk

17

Main Entrees

- Breakfast Rolled Taco
- Cinnamon Toast Crunch Cereal
- Reduced Sugar Trix
- Lucky Charms
- Cocoa Puffs Cereal
- Low Fat Mozzarella String Cheese

Fruit & Vegetable Bar

- Assorted Fruit Juice
- Assorted Chilled Fruit

Milk & Condiments

- Chocolate Skim Milk
- 1% Low-fat Milk

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