

Monday



Tuesday

Wednesday

Thursday

Friday

Whole Grain Muffin 1
Fruit & Milk
Beef Ravioli Pasta & Whole
Grain Roll + Fruit
Vegetables + Milk

Whole Grain Concha 2
Fruit & Milk
Beef Hot Dog on Whole
Grain Bun + Fruit
Vegetables + Milk

Whole Grain Waffle 3
Fruit & Milk
Fish Sticks &
Whole Grain Roll
Fruit + Vegetables + Milk

Whole Grain Donuts 4
Fruit & Milk
Pepperoni Bosco Stick
Fruit + Vegetables + Milk

Whole Grain, Cereal 7
Fruit & Milk
Chicken Strips & Whole Grain
Cornbread + Fruit
Vegetables + Milk

Whole Grain Muffin 8
Fruit & Milk
Beef Penne Pasta & Whole
Grain Roll + Fruit
Vegetables + Milk

Whole Grain Concha 9
Fruit & Milk
Chicken Burger on Whole
Grain Bun + Fruit
Vegetables + Milk

Whole Grain Waffle 10
Fruit & Milk
Teriyaki Chicken &
Brown Rice
Fruit + Vegetables + Milk

Whole Grain Donuts 11
Fruit & Milk
Cheese Bosco Stick with
Marinara Sauce
Fruit + Vegetables + Milk

Whole Grain Cereal 14
Fruit & Milk
Chicken Corn Dog on
Whole Grain Bun
Fruit + Vegetables + Milk

Whole Grain Muffin 15
Fruit & Milk
Mac and Cheese Pasta &
Whole Grain Roll + Fruit
Vegetables + Milk

Whole Grain Concha 16
Fruit & Milk
Cheese Beef Burger
Fruit + Vegetables + Milk

Whole Grain Waffle 17
Fruit & Milk
Orange Chicken &
Brown Rice
Fruit + Vegetables + Milk

Whole Grain Donuts 18
Fruit & Milk
Mozzarella Cheese Pillow
Pull Aparts + Fruit
Vegetables + Milk

Whole Grain Cereal 21
Fruit & Milk
Chicken Nuggets &
Whole Grain Roll + Fruit
Vegetables + Milk

Whole Grain Muffin 22
Fruit & Milk
Beef Ravioli Pasta & Whole
Grain Roll + Fruit
Vegetables + Milk

Whole Grain Concha 23
Fruit & Milk
Beef Hot Dog on Whole
Grain Bun + Fruit
Vegetables + Milk

Whole Grain Waffle 24
Fruit & Milk
Fish Sticks &
Whole Grain Roll
Fruit + Vegetables + Milk

Whole Grain Donuts 25
Fruit & Milk
Pepperoni Bosco Stick
Fruit + Vegetables + Milk

Whole Grain, Cereal 28
Fruit & Milk
Chicken Strips & Whole Grain
Cornbread + Fruit
Vegetables + Milk

Whole Grain Muffin 29
Fruit & Milk
Beef Penne Pasta & Whole
Grain Roll + Fruit
Vegetables + Milk

Whole Grain Concha 30
Fruit & Milk
Chicken Burger on Whole
Grain Bun + Fruit
Vegetables + Milk

Whole Grain Waffle 31
Fruit & Milk
Teriyaki Chicken &
Brown Rice
Fruit + Vegetables + Milk



Daily 2ND Choice:
Peanut Butter and Jelly Sandwich or
Yogurt, String Cheese, and Granola

Vegetables:
Baby Carrots, Cherry Tomatoes, Cucumber Slices,
Celery Sticks, Zucchini Sticks, Corn,
Garbanzo/Pinto/Black Beans
Chopped Romaine Salad

Fruits:
Apple Slices/Whole, Cantaloupe Cubes, Pineapple
Slices, Grapes, Plums, Pears, Oranges, Tangerines,
Raisins, Cranberries,
Applesauce Cups, Mixed Fruit Cups

Daily Milk Choice:
Nonfat White Milk
1% Lowfat White Milk
NonFat Chocolate Milk