

Monday		Tuesday		Wednesday		Thursday		Friday	
5	<b>Breakfast:</b> Breakfast Tropical Rice Pudding w/Fruit, Milk  <b>Lunch:</b> Sloppy Joe w/Beef, Veggies, Fruit, Milk  <b>Snack:</b> Roasted Red Pepper Hummus & Pita	6	<b>Breakfast:</b> Square Pancake w/Syrup, Fruit, Milk  <b>Lunch:</b> Bean & Cheese Quesadilla, Veggies, Fruit, Milk  <b>Snack:</b> Yogurt & Fruit, Milk	7	<b>Breakfast:</b> Crispy Oats Cereal w/Fruit, Milk  <b>Lunch:</b> Chicken Tenders, Veggies, Fruit, Milk  <b>Snack:</b> Cheese Cubes & Veggies	8	<b>Breakfast:</b> Breakfast Sandwich w/Turkey Bacon & Cheese, Fruit, Milk  <b>Lunch:</b> Cheesy Rice Bake w/ Turkey, Veggies, Fruit, Milk  <b>Snack:</b> Zucchini Bread & Fruit, Milk	9	<b>Breakfast:</b> Blueberry Banana Oat Muffin, Fruit, Milk  <b>Lunch:</b> Pasta Primavera w/Marinara & Black Beans, Veggies, Fruit, Milk  <b>Snack:</b> Cheese Roll Up
12	<b>Breakfast:</b> Apple Cinnamon Oatmeal w/Sausage Patty, Fruit, Milk  <b>Lunch:</b> Chicken Fajitas w/Four Tortilla, Veggies, Fruit, Milk  <b>Snack:</b> Parmesan Potato Wedges & Cheese Cubes	13	<b>Breakfast:</b> Cheesy Breakfast Potatoes w/Fruit, Milk  <b>Lunch:</b> Mac & Cheese, Veggies, Fruit, Milk  <b>Snack:</b> Sweet Potato Chips, Fruit, Milk	14	<b>Breakfast:</b> Cream Cheese & Jelly Roll Up w/Fruit  <b>Lunch:</b> BBQ Chicken Sandwich, Veggies, Fruit, Milk  <b>Snack:</b> Oat Crackers (Curry), Fruit	15	<b>Breakfast:</b> Flourless Sweet Potato Muffin, Fruit, Milk  <b>Lunch:</b> Greek Falafel w/Pita & Cucumber Yogurt Sauce, Veggies, Fruit, Milk  <b>Snack:</b> Carrot Bread & Applesauce, Milk	16	<b>Breakfast:</b> Tofu Scramble w/Whole Grain Bread, Fruit, Milk  <b>Lunch:</b> Cajun Rice & Beans w/Turkey, Veggies, Fruit, Milk  <b>Snack:</b> Cocoa Bread w/Fruit
19	<b>Breakfast:</b> Crispy Oats Cereal w/ Fruit, Milk  <b>Lunch:</b> Chicken Alfredo, Veggies, Fruit, Milk  <b>Snack:</b> Beet & Hummus Pita	20	<b>Breakfast:</b> Yogurt w/Granola Crumbles, Fruit, Milk  <b>Lunch:</b> Cheese Pizza,, Veggies, Fruit  <b>Snack:</b> Oat Crackers (Curry) & Cheese Cubes, Milk	21	<b>Breakfast:</b> Sweet Potato Granola Bar, Fruit, Milk  <b>Lunch:</b> Chicken Stir-Fry, Veggies, Fruit, Milk  <b>Snack:</b> Cheese Roll Up	22	<b>Breakfast:</b> Cheddar Biscuit Sandwich w/Turkey Bacon, Fruit, Milk  <b>Lunch:</b> Baked Mostaccioli w/Turkey, Veggies, Fruit, Milk  <b>Snack:</b> Blueberry Bread w/Applesauce, Milk	23	<b>Breakfast:</b> Mini Bagel w/Cheese, Fruit, Milk  <b>Lunch:</b> Cheesy Rice Bake w/Beef, Veggies, Fruit, Milk  <b>Snack:</b> Banana Cocoa Oat Cookie & Fruit
26	<b>Breakfast:</b> Biscuit, Fruit, Milk  <b>Lunch:</b> Mac & Cheese, Veggies, Fruit, Milk  <b>Snack:</b> Cinnamon Sweet Potato Chips & Fruit	27	<b>Breakfast:</b> Turkey Bacon w/Whole Wheat Bread, Fruit, Milk  <b>Lunch:</b> Chicken Taco, Veggies, Fruit, Milk  <b>Snack:</b> Creamy Spinach Dip & Pita, Milk	28	<b>Breakfast:</b> French Toast Casserole w/Syrup, Fruit, Milk  <b>Lunch:</b> Sloppy Joes w/Turkey, Veggies, Fruit, Milk  <b>Snack:</b> Carrot Bread & Applesauce	29	<b>Breakfast:</b> Potato Breakfast Burrito w/Fresh Salsa, Fruit, Milk  <b>Lunch:</b> Chicken Teriyaki w/Rice, Veggies, Fruit, Milk  <b>Snack:</b> Parmesan Potato Wedges & Cheese Cubes, Milk	30	<b>Breakfast:</b> Yogurt w/Granola Crumbles, Fruit, Milk  <b>Lunch:</b> Mexican Lasagna w/Beef, Veggies, Fruit, Milk  <b>Snack:</b> Chickpea & Cucumber Medley w/Pita