



FAMIL	Y SOLUTIONS				
Monday	Tuesday	Wednesday	Thursday	Friday	
Whole Grain Cereal	Turkey Sausage	Scrambled Eggs	Pancakes	Bagels /w Apple Butter	
Fruit	Biscuit/ Fruit	Wheat Toast/ Fruit	Fresh Strawberries	Fruit	
Milk	Milk	Milk	Milk	Milk	
Cheese Pizza Salad Inf./Tod .Substitute (Green Beans) Fruit Milk	Chicken Fettucine Peas & Carrots Fruit Milk	Beefaroni Zucchini/ Squash blend Wheat Bread Fruit Milk	Refried Beans and Cheese w/ wheat Tortilla Lettuce & Tomato (Mixed Veggies) Fruit Milk	Tuna Sub Sandwiches Sweet Potato wedges Fruit Milk	
Graham Cracker	Fruit Cups	Yogurt w/	Fruit Strudel	Honey Dew	
100% Fruit Juice	Cinnamon Toast	Fruit	Milk	Wheat Crackers	
Cheese Grits	Hash Brown w/ Diced	Whole Grain Cereal	Turkey Sausage	Apple Muffin	
Wheat Toast	Turkey Ham	Fruit	Biscuit/ Fruit	Fruit	
Fruit / Milk	Fruit / Milk	Milk	Milk	Milk	
Veggie Lasagna Glazed Carrots Fruit Milk	Chicken & Rice w/ Broccoli & Cheese Casserole Fruit Milk	Ravioli w/ Tomato Sauce Green Beans Rolls Fruit Milk	Dice Chicken on Wheat Tortilla w/ Lettuce & Tomato and Sour Cream (peas) Fruit Milk	Beef Patty w/ Cheese Wheat Bun Potato Wedges Fruit Milk	
Milk	Apple Muffin	String Cheese	Fruit Cups	Banana	
Graham Crackers	100% Fruit Juice	Wheat Crackers	Cinnamon Toast	Milk	
Butter Biscuit w/ jelly Egg Fruit Milk	Wheat Cheese Toast Fruit Milk	Whole Grain Cereal Fruit Milk	Egg Omelet Wheat Toast Milk	Whole Grain Waffles Fruit Milk	
Vegetarian Nuggets Vegetarian Baked Beans Wheat Roll Fruit Milk	Chicken & Dumpling Peas Fruit Milk	Baked Spaghetti w/ Cheese Green Beans Garlic Bread Fruit Milk	Ground Turkey & Cheese Wheat Tortilla Lettuce & Tomato w/ sour Cream(Broccoli) Fruit Milk	Chicken w/ BBQ sauce Wheat Bun Corn Fruit Milk	
Cheese cubes	Yogurt w/	Graham Crackers	Blueberry Muffin	Cantaloupe	
Wheat Cracker	Fruit	Milk	Milk	Pita chips	
Pancake	Turkey Sausage	Whole Grain Cereal	Cheese Eggs	English muffin w/ Apple	
Fruit	Biscuit w/ Fruit	Fruit	Wheat Toast w/Fruit	Butter	
Milk	Milk	Milk	Milk	Fruit / Milk	
Cheese Lasagna Mixed vegetable Garlic Bread Fruit Milk	Chicken Salad w/ Peas Sliced Wheat Bread Fruit Milk	Spaghetti w/ Meatball Green Beans Sliced Wheat Bread Fruit Milk	Turkey and Cheese w/ Wheat Tortilla Sliced Cucumber& Tomato(Broccoli) Fruit Milk	Sloppy Joe on Wheat Bun Potato Wedges Milk	
Wheat Vanilla Wafers	Bran Muffins	Fruit Strudel	Wheat Wafers	Watermelon	
Yogurt	Milk	Milk	Fruit cups	Wheat Crackers	