

Monday

Tuesday

Wednesday

Thursday

Friday



6 Breakfast: Mini Bagel w/Cream Cheese, Fruit, Milk

Lunch: Chicken Stir-Fry, Veggies, Fruit, Milk

Snack: Chickpea & Cucumber Medley w/Pita

13 Breakfast: Turkey Bacon w/ Whole Wheat Bread, Fruit, Milk

Lunch: Chicken Teriyaki w/Rice, Veggies, Fruit, Milk

Snack: Sweet Potato Chips, Fruit

20 Breakfast: Breakfast Tropical Rice Pudding w/Fruit, Milk

Lunch: Cheesy Rice Bake w/Turkey, Veggies, Fruit, Milk

Snack: Banana Cocoa Oat Cookie & Yogurt

27



7 Breakfast: French Toast Casserole w/Syrup, Fruit, Milk

Lunch: Pasta Primavera w/ Marinara & Black Beans, Veggies, Fruit, Milk

Snack: Creamy Spinach Dip & Carrots, Milk

14 Breakfast: Baked Apples w/ Granola Crumbles & Yogurt, Milk

Lunch: Mac & Cheese, Veggies, Fruit, Milk

Snack: Banana Bread, Fruit, Milk

21 Breakfast: Cheddar Biscuits, Fruit, Milk

Lunch: Baked Mostaccioli w/Beef, Veggies, Fruit, Milk

Snack: Cheese Cubes, Veggies, Milk

28 Breakfast: Cheesy Breakfast Potatoes, Fruit, Milk

Lunch: Mac & Cheese, Veggies, Fruit, Milk

Snack: Yogurt & Fruit, Milk

1 Breakfast: Tofu Scramble w/ Whole Grain Bread, Fruit Milk

Lunch: Vegetable & Bean Chili w/Oyster Crackers, Veggies, Fruit, Milk

Snack: Banana Cocoa Oat Cookie

8 Breakfast: Sweet Potato Biscuit w/Fruit, Milk

Lunch: Mexican Lasagna w/Beef, Veggies, Fruit, Milk

Snack: Eggplant Hummus, Pita Bread

15 Breakfast: Square Pancake w/ Syrup, Fruit, Milk

Lunch: Cajun Rice & Beans w/Beef, Veggies, Fruit, Milk

Snack: Black Bean Dip & Pita

22 Breakfast: Cheerios w/Fruit, Milk

Lunch: Chicken & Sweet Potato Fritter, Veggies, Fruit, Milk

Snack: Parmesan Potato Wedges & Yogurt

29 Breakfast: Mini Bagel w/Cream Cheese, Fruit, Milk

Lunch: Chicken Quesadilla, Veggies, Fruit, Milk

Snack: Beet Hummus, Pita Bread

2 Breakfast: Sweet Potato Biscuit, Fruit, Milk

Lunch: Cajun Rice & Beans w/Beef, Veggies, Fruit, Milk

Snack: Cinnamon Rice Pudding, Fruit, Milk

9 Breakfast: Cheerios w/Fruit, Milk

Lunch: Chicken Alfredo, Veggies, Fruit, Milk

Snack: Zucchini Bread, Fruit, Milk

16 Breakfast: Cream Cheese & Jelly Roll, Fruit, Milk

Lunch: Meatloaf w/Mashed Potatoes, Veggies, Fruit, Milk

Snack: Oat Crackers (Garlic & Parsley, Fruit, Milk)

23 Breakfast: Yogurt w/Granola Crumbles, Fruit, Milk

Lunch: Sloppy Joes w/Turkey, Veggies, Fruit, Milk

Snack: Roasted Red Pepper Hummus & Pita, Milk

30 Breakfast: Yogurt w/Granola Crumbles, Fruit, Milk

Lunch: Greek Meatballs w/Pita & Cucumber Yogurt Sauce, Veggies, Fruit, Milk

Snack: Oat Crackers (Garlic & Parsley) & Cheese Cubes

3 Breakfast: Blueberry Oatmeal w/Sausage Patty, Milk

Lunch: BBQ Chicken Sandwich, Veggies, Fruit, Milk

Snack: Black Bean Dip, Pita Bread

10 Breakfast: Apple Cinnamon Oatmeal w/Sausage Patty, Fruit, Milk

Lunch: Cheesy Rice Bake w/Turkey, Veggies, Fruit, Milk

Snack: Parmesan Potato Wedges & Cheese Cubes

17 Breakfast: Blueberry Oatmeal w/Sausage Patty, Fruit, Milk

Lunch: BBQ Chicken Sandwich, Veggies, Fruit, Milk

Snack: Cheese Roll-Up

24 Breakfast: Apple Cinnamon Oatmeal w/Sausage Patty, Milk

Lunch: Chicken Taco, Veggies, Fruit, Milk

Snack: Banana Bread & Fruit

31 Breakfast: Blueberry Oatmeal w/Sausage Patty, Milk

Lunch: Vegetable & Bean Chili w/Oyster Crackers, Veggies, Fruit, Milk

Snack: Parmesan Potato Wedges & Yogurt