





	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	 <p>3</p>	<p>2 oz CN Hamburger Patty w/ Ketchup 1 WG Bun (1.8 oz) ¼ c Baked Beans ¼ c Mandarin Oranges ¾ c Milk</p> <p><i>Veg: 1 Veggie Burger</i></p>	<p><u>Make Your Own Wrap</u> 4 1 oz Turkey (2 slices) 2 tbsp Hummus ½ oz Cheddar Cheese 1 WG Flour Tortilla ½ c Tossed Salad w/ Ranch ¼ c Fresh Fruit Salad ¾ c Milk</p> <p><i>Veg: 1/8 c Hummus Wrap w 1 oz Fresh Mozzarella Cheese</i></p>	<p>5</p> <p>2 Chicken Tenders w Honey Mustard 1 WG Cornbread 1/4 c Cooked Carrots ¼ c Apple Slices ¾ c Milk</p> <p><i>Veg: 3 Vegetarian Nuggets</i></p>	<p>6</p> <p>½ c Macaroni & Cheese (2 oz M/MA, ¼ c wg noodles ½ oz) 1 String Cheese ¼ c Peas ¼ c Fruit Mix cocktail ¾ c Milk</p> <p><i>Veg: Same</i></p>
	<p>9</p> <p>½ c Beef Vegetable Lomein (1/4 c Stir Fried Asian Vegetables, 1/4 c Beef) ¼ c Lomain Noodles ¼ c Mandarin Oranges ¾ c Milk</p> <p><i>Veg: ½ c Vegetable Lomein/1 String Cheese</i></p>	<p>10</p> <p>4 Chicken Nuggets 1 WG Roll (1 oz) ¼ c Corn ¼ c Pears ¾ c Milk</p> <p><i>Veg: 3 Vegetarian Nuggets</i></p>	<p>11</p> <p>2 oz Fish Fillet 1 WG Biscuit ¼ c Steamed Carrots w Ranch ¼ c Tropical Fruit Salad ¾ c Milk</p> <p><i>Veg: 2 Vegan Fish</i></p>	<p>12</p> <p>½ c Chicken Spaghetti (2oz Chicken and ¼ c Noodles) ¼ c Steamed Spinach Salad w Italian ¼ c Fresh Fruit Salad ¾ c Milk</p> <p><i>Veg: 1/2 c Cheesy Spaghetti/1 String Cheese</i></p>	<p>13</p> <p><u>Make Your Own Burrito:</u> ¼ c Black Beans ¼ c Shredded Monterey Cheese 1 6 in WG Tortilla ½ c Shredded Romaine ¼ c Peaches ¾ c Milk</p> <p><i>Veg: Same</i></p>
	<p>16</p> 	<p><u>Make Your Own Taco</u> 17 ¼ c Beef Taco Meat ½ c Shredded Lettuce 2 TBSP Shredded Cheddar Cheese 1 oz WG Tortilla ¼ c Diced Melon Salad ¾ c Milk</p> <p><i>Veg: 3/8 c Black Beans</i></p>	<p>18</p> <p>4 Cheese Ravioli (2.4 oz) Marinara Sauce ¼ c Peas 1 oz WG Roll ¼ c Pineapple ¾ c Milk</p> <p><i>Veg: Same</i></p>	<p>19</p> <p>2 oz Tuna Salad 1 Slider WG Bread ¼ c Broccoli w Italian 2 Orange Wedges ¾ c Milk</p> <p><i>Veg: 2 oz Fresh Mozzarella Cheese</i></p>	<p>20</p> <p>½ c Macaroni & Cheese (2 oz M/MA, ¼ c wg noodles ½ oz) 3/8 c Vegetarian Baked Beans ¼ c Tossed Salad w/ Ranch ¼ c Cantaloupe ¾ c Milk</p> <p><i>Veg: Same</i></p>
	<p>23</p> <p>2 oz Beef BBQ Sandwich 1 WG Bun (1 oz) ¼ c Cauliflower ¼ c Pineapple ¾ c Milk</p> <p><i>Veg: 1 Veggie Burger</i></p>	<p><u>Make Your Own Bowl</u> 24 ¼ c Popcorn Chicken (2oz) ¼ c Mashed Potatoes 1 oz WG Dinner Roll ¼ c Diced Honeydew ¾ c Milk</p> <p><i>Veg: 3 Vegetarian Nuggets</i></p>	<p><u>Penne Meatballs</u> 25 3 Meatballs (1.5 oz) w Marinara Sauce ¼ C WG Penne (½ oz) ¼ c Steamed Spinach w Ranch ½ Apple ¾ c Milk</p> <p><i>Veg: ½ c Penne with Cheese</i></p>	<p>26</p> <p>½ c Chicken Curry Casserole 1 oz Flatbread ¼ c Mixed Vegetables ¼ c Fresh Fruit Salad ¾ c Milk</p> <p><i>Veg: Southwest Tofu Scrumble/ ½ c Yogurt</i></p>	<p><u>Make Your Own Pizza</u> 27 1 oz English Muffin 2 oz Shredded Mozzarella Cheese ¼ c Marinara Sauce ¼ c Parmesan Roasted Broccoli 2 Orange Wedges (1/4 c) ¾ c Milk</p> <p><i>Veg: Same</i></p>
	<p>30</p> <p>3 CN Chicken Patty Sandwich w/ Cheddar Cheese 1 oz WG Bun ¼ c Green Beans ¼ c Applesauce ¾ c Milk</p> <p><i>Veg: 3 Vegetarian Nuggets</i></p>	<p>31</p> <p>¾ c Cuban Black Bean Rice (#6 scoop- black beans, #8 scoop- rice) ¼ c Brown Rice ¼ c Field Green Salad w Italian ¼ c Diced Honeydew ¾ c Milk</p> <p><i>Veg: Same</i></p>			