



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------|---|--|---|---|--|
| LUNCH | <p>1</p> <p>½ c Chicken Alfredo Bake (1/4 c Chicken, ¼ c Noodles) ¼ c Steamed Broccoli ¼ c Peaches ¾ c Milk</p> <p><i>Veg: 3 Vegetarian Nuggets</i></p> | <p>2</p> <p>2 oz CN Hamburger Patty w/ Ketchup 1 WG Slider 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>3</p> <p><u>Make Your Own Wrap</u> 2 Turkey slices (1 oz) 2 tbsp Hummus 1 Cheddar Cheese slice (0.75 oz) 1 WW Tortilla (1 oz) ½ c Tossed Salad w/ Ranch ¼ c Fresh Fruit Salad ¾ c Milk <i>Veg: 1/8 c Hummus Wrap w 1 oz Fresh Mozzarella Cheese</i></p> | <p>4</p> <p>2 Chicken Tenders (4.2oz) w Honey Mustard ½ Cornbread (1 oz) ¼ c Cooked Carrots ¼ c Apple Slices ¾ c Milk</p> <p><i>Veg: 3 Vegetarian Nuggets</i></p> | <p>5</p> <p>½ c Macaroni & Cheese (0.6 oz m/ma, 0.8 oz eq Noodles) 1 String Cheese (1oz) ¼ c Peas ¼ c Fruit Mix cocktail ¾ c Milk</p> <p><i>Veg: Same</i></p> |
| | <p>8</p> <p>4 Meatballs (1.5 oz) w Marinara Sauce ¼ c Lomain (plain) ½ c Steamed Spinach ¼ c Mandarin Oranges ¾ c Milk <i>Veg: ½ c Vegetable Lomein/1 String Cheese</i></p> | <p>9</p> <p>4 Chicken Nuggets (3.2 oz) 1 WG Dinner Roll (1.13 oz) ¼ c Corn ¼ c Pears ¾ c Milk</p> <p><i>Veg: 3 Vegetarian Nuggets</i></p> | <p>10</p> <p>1 Fish Fillet (3 oz) 1 WW Biscuit (1oz) ¼ c Steamed Carrots w Ranch ¼ c Tropical Fruit Salad ¾ c Milk</p> <p><i>Veg: 3 Vegan Fish</i></p> | <p>11</p> <p>¼ c WG Spaghetti & ½ c Meat Sauce ¼ c Steamed w Italian ¼ c Fresh Fruit Salad ¾ c Milk <i>Veg: 1/2 c Cheesy Spaghetti/1 String Cheese</i></p> | <p>12</p> <p><u>Make Your Own Burrito:</u> ¼ c Black Beans ¼ c Shredded Monterey Cheese 1 6 in WW Tortilla (1oz) ½ c Shredded Romaine ¼ c Strawberries ¾ c Milk</p> <p><i>Veg: Same</i></p> |
| | <p>15</p> <p>4 Chicken Nuggets 1 oz WG Dinner Roll (1.13oz) ¼ c Green Beans ¼ c Apple Slices ¾ c Milk</p> <p><i>Veg: 3 Vegetarian Nuggets</i></p> | <p>16</p> <p><u>Make Your Own Taco</u> ¼ c Beef Taco Meat (2oz) ½ c Shredded Lettuce 2 TBSP Shredded Cheddar Cheese 1 oz WW Tortilla (1oz) ¼ c Diced Melon Salad ¾ c Milk</p> <p><i>Veg: 3/8 c Black Beans</i></p> | <p>17</p> <p>4 Cheese Ravioli (2.4 oz) Marinara Sauce 1 String Cheese (1oz) ¼ c Peas 1 WG Dinner Roll (1.13oz) ¼ c Pineapple ¾ c Milk</p> <p><i>Veg: Same</i></p> | <p>18</p> <p>2 oz Tuna Salad 1 WG Slider Bun (1.13 oz) ¼ c Broccoli w Italian 2 Orange Wedges ¾ c Milk</p> <p><i>Veg: 2 oz Fresh Mozzarella Cheese</i></p> | <p>18</p> <p>½ c Macaroni & Cheese (0.6 oz m/ma, 0.8 oz eq Noodles) 3/8 c Vegetarian Baked Beans ½ c Tossed Salad w/ Ranch ¼ c Cantaloupe ¾ c Milk</p> <p><i>Veg: Same</i></p> |
| | <p>22</p> <p>1 BBQ Beef Patty (1.75 oz) 1 WG Slider Bun (1.13 oz) ¼ c Cauliflower ¼ c Pineapple ¾ c Milk</p> <p><i>Veg: 1 Veggie Burger</i></p> | <p>23</p> <p><u>Make Your Own Bowl</u> 9 pc Popcorn Chicken (2.25 oz) ¼ c Mashed Potatoes 1 oz WG Dinner Roll (1.13 oz) ¼ c Diced Honeydew ¾ c Milk</p> <p><i>Veg: 3 Vegetarian Nuggets</i></p> | <p>24</p> <p><u>Penne Meatballs</u> 4 Meatballs 2 oz) w Marinara Sauce ¼ c WG Penne ¼ c Steamed Spinach ½ Apple ¾ c Milk</p> <p><i>Veg: ½ c Penne with Cheese</i></p> | <p>25</p> <p>4 Chicken Nuggets (3.2 oz) ¼ c Rice ¼ c Mixed Vegetables ¼ c Fresh Fruit Salad ¾ c Milk</p> <p><i>Veg: Southwest Tofu Scrumble/ 1 String Cheese</i></p> | <p>26</p> <p><u>Make Your Own Pizza</u> 1 WG English Muffin (1 oz) 2 oz Shredded Mozzarella Cheese ¼ c Marinara Sauce ¼ c Parmesan Roasted Broccoli 2 Orange Wedges ¾ c Milk</p> <p><i>Veg: Same</i></p> |
| | <p>29</p> <p></p> | <p>30</p> <p>¾ c Cuban Black Bean Rice (#6 scoop- black beans, #8 scoop- rice) ¼ c Brown Rice ¼ c Baby Carrots w Italian ¼ c Tropical Fruit Salad ¾ c Milk</p> <p><i>Veg: Same</i></p> | <p>31</p> <p>2 oz CN Turkey Burger w/ Cheddar Cheese 1 oz WG Bun ¼ c Broccoli w/ Ranch ¼ c Strawberries ¾ c Milk</p> <p><i>Veg: 1 Veggie Burger w Cheese</i></p> | | |