

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Menu subject to change A choice of low-fat milk & juice served daily					
2 <i>HOLIDAY</i>	<i>HOLIDAY</i>	4 <i>HOLIDAY</i>	5 <i>HOLIDAY</i>	6 <i>HOLIDAY</i>	5 fruits 5 milks 5 vegetables 10-12 grains 10-12 meats or meat alternate
9 <i>Frosted flakes</i> <i>Muffin</i> <i>Diced pears</i> <i>Chicken Tenders</i> <i>Mashed potatoes</i> <i>Green beans</i> <i>Diced pears</i> <i>Fresh apple</i>	10 <i>pancakes on a stick</i> <i>Mixed fruit</i> <i>Cheeseburger</i> <i>French fries</i> <i>Corn</i> <i>Mixed fruit</i> <i>Oranges</i>	11 <i>Pop tarts</i> <i>Pineapple tidbits</i> <i>Pork chop sandwich</i> <i>Whole potatoes</i> <i>Black-eyed peas</i> <i>Pineapple tidbits</i> <i>Pears</i>	12 <i>Sausage Biscuit</i> <i>Diced peaches</i> <i>Hamburger steak w/gravy</i> <i>WG rice</i> <i>Green peas</i> <i>Diced peaches</i> <i>Whole wheat roll</i> <i>grapes</i>	13 <i>Cinnamon roll</i> <i>Mandarin oranges</i> <i>Spaghetti w/ sauce</i> <i>Tossed salad</i> <i>Beets</i> <i>Mandarin oranges</i> <i>bananas</i> <i>Whole wheat roll</i>	5 fruits 5 milks 5 vegetables 10-12 grains 10-12 meat or meat alternate
16 <i>Breakfast pizza</i> <i>Mandarin oranges</i> <i>Chick filet</i> <i>Baby lima beans</i> <i>Sliced carrots</i> <i>Mandarin oranges</i> <i>pears</i>	17 <i>Mini pancakes</i> <i>Pineapple tidbits</i> <i>Tacos,</i> <i>Cheese, lettuce, salsa</i> <i>Corn</i> <i>Pineapple tidbits</i> <i>Fresh oranges</i>	18 <i>Pop tarts</i> <i>Applesauce</i> <i>Corndog or pb&j</i> <i>Broccoli w/ cheese</i> <i>Yams</i> <i>Applesauce</i> <i>grapes</i>	19 <i>Apple strudel</i> <i>Diced pears</i> <i>Pepperoni Pizza</i> <i>Tossed salad</i> <i>Grape tomatoes w/ dressing</i> <i>Diced pears</i> <i>apples</i>	20 <i>Cinnamon Toast Crunch</i> <i>Diced peaches</i> <i>Hot Dog/w chili</i> <i>Baked beans</i> <i>carrots w/ dressing</i> <i>Diced peaches</i> <i>bananas</i>	5 fruits 5 milks 5 vegetables 10-12 grains 10-12 meat or meat alternate
23 <i>Frosted Flakes</i> <i>Muffin</i> <i>Diced pears</i> <i>Chicken Tenders</i> <i>Mashed potatoes</i> <i>Green beans</i> <i>Diced pears</i> <i>Fresh apple</i>	24 <i>Pancakes on a stick</i> <i>Mixed fruit</i> <i>Cheeseburger</i> <i>French fries</i> <i>Corn</i> <i>Mixed fruit</i> <i>oranges</i>	25 <i>Sausage Biscuit</i> <i>Mandarin Oranges</i> <i>Spaghetti w/ sauce</i> <i>Tossed salad</i> <i>Beets</i> <i>Mandarin oranges</i> <i>whole wheat roll</i>	26 <i>Pop tarts</i> <i>Pineapple tidbits</i> <i>Pork chop sandwich</i> <i>Whole potatoes</i> <i>Black-eyed peas</i> <i>Pineapple tidbits</i> <i>Pears</i>	27 <i>Cinnamon roll</i> <i>Diced peaches</i> <i>Hamburger steak</i> <i>w/gravy</i> <i>WG rice</i> <i>Green peas</i> <i>Diced peaches</i> <i>Whole wheat roll</i> <i>bananas</i>	5 fruits 5 milks 5 vegetables 10-12 grains 10-12 meat or meat alternate
30 <i>Breakfast pizza</i> <i>Mandarin oranges</i> <i>Chick filet</i> <i>Baby lima beans</i> <i>Sliced carrots</i> <i>Mandarin oranges</i> <i>pears</i>					5 fruits 5 milks 5 vegetables 10-12 grains 10-12 meat or meat alternate