

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Menu subject to change A choice of low-fat milk & juice served daily					
				1 <i>Cinnamon Toast crunch</i> <i>Muffin</i> <i>Chicken quesadilla</i> <i>Tossed salad</i> <i>Grape tomatoes</i> <i>Diced pears</i> <i>Apples</i>	5 fruits 5 milks 5 vegetables 10-12 grains 10-12 meats or meat alternate
4 <i>Frosted flakes</i> <i>Muffin</i> <i>Diced pears</i> <i>Cheeseburger</i> <i>French fries</i> <i>Corn</i> <i>Tropical fruit</i> <i>Oranges</i>	5 <i>pancakes on a stick</i> <i>Mixed fruit</i> <i>Chicken Tenders</i> <i>Mashed potatoes</i> <i>Green beans</i> <i>Diced pears</i> <i>Fresh apple</i>	6 <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>Fresh pear</i>	7 <i>Sausage Biscuit</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>Grapes</i>	8 Cinnamon Toast Crunch Muffins Spaghetti w/sauce Beets Tossed salad/dressing Mixed fruit bananas	5 fruits 5 milks 5 vegetables 10-12 grains 10-12 meat or meat alternate
11 Breakfast pizza Tropical fruit Chick filet Baby lima beans Sliced carrots Tropical fruit raisins	12 Mini pancakes Pineapple tidbits Tacos, Cheese, lettuce, salsa Corn Pineapple tidbits Fresh oranges	13 <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>Apples</i>	14 Apple strudel Diced peaches Hamburger steak w/gravy WG rice Green peas Diced peaches Whole wheat roll grapes	15 <i>Cinnamon Toast crunch</i> <i>Muffin</i> <i>Chicken quesadilla</i> <i>Tossed salad</i> <i>Grape tomatoes</i> <i>Diced pears</i> <i>Apples</i>	5 fruits 5 milks 5 vegetables 10-12 grains 10-12 meat or meat alternate
18 <i>Frosted flakes</i> <i>Muffin</i> <i>Diced pears</i> <i>Cheeseburger</i> <i>French fries</i> <i>Corn</i> <i>Tropical fruit</i> <i>Oranges</i>	19 <i>pancakes on a stick</i> <i>Mixed fruit</i> <i>Chicken Tenders</i> <i>Mashed potatoes</i> <i>Green beans</i> <i>Diced pears</i> <i>Fresh apple</i>	20 <i>Sausage biscuit</i> <i>Diced peaches</i> <i>Ham/turkey sandwich</i> <i>Carrots/dressing</i> <i>Sliced apples</i> <i>EARLY OUT</i>	21 HOLIDAY	22 HOLIDAY	5 fruits 5 milks 5 vegetables 10-12 grains 10-12 meat or meat alternate
25 HOLIDAY	26 HOLIDAY	27 HOLIDAY	28 HOLIDAY	29 HOLIDAY	