

| | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
|--|---|---|---|---|---|
| Menu subject to change A choice of low-fat milk & juice served daily | | | | SATURDAY | |
| | | <i>1</i> Sausage Biscuit Diced peaches Hamburger steak w/gravy WG rice Green peas Diced peaches Whole wheat roll grapes | <i>2</i> Apple strudel Diced peaches Chicken pizza quesadilla Tossed salad Grape tomatoes w/ dressing Diced pears apples | <i>3</i> Cinnamon toast crunch Muffin Turkey and ham sandwich Carrots and dressing Sliced apples | <i>5 fruits</i> <i>5 milks</i> <i>5 vegetables</i> <i>10-12 grains</i> <i>10-12 meats</i> <i>or meat</i> <i>alternate</i> |
| <i>5</i> Frosted flakes Muffin Diced pears Chicken Tenders Mashed potatoes Green beans Diced pears Fresh apple | <i>6</i> pancakes on a stick Mixed fruit Cheeseburger French fries Corn Tropical fruit Oranges | <i>7</i> Pop tarts Pineapple tidbits Pork chop sandwich Whole potatoes Black-eyed peas Pineapple tidbits Raisins | <i>8</i> Sausage Biscuit Diced peaches Hot Dog/w chili Baked beans carrots w/ dressing Diced peaches Grapes | <i>9</i> Cinnamon roll Tropical fruit Spaghetti w/ sauce Tossed salad Beets Mixed fruit bananas Breadstick | <i>5 fruits</i> <i>5 milks</i> <i>5 vegetables</i> <i>10-12 grains</i> <i>10-12 meat or</i> <i>meat alternate</i> |
| <i>12</i> Breakfast pizza Tropical fruit Chick filet Baby lima beans Sliced carrots Tropical fruit raisins | <i>13</i> Mini pancakes Pineapple tidbits Tacos, Cheese, lettuce, salsa Corn Pineapple tidbits Fresh oranges | <i>14</i> Pop tarts Applesauce Corndog or pb&j Broccoli w/ cheese Yams Applesauce grapes | <i>15</i> Apple strudel Diced peaches Pepperoni Pizza Tossed salad Grape tomatoes w/ dressing Diced pears apples | <i>16</i> Cinnamon Toast Crunch Diced peaches Hamburger steak w/gravy WG rice Green peas Diced peaches Whole wheat roll grapes | <i>5 fruits</i> <i>5 milks</i> <i>5 vegetables</i> <i>10-12 grains</i> <i>10-12 meat or</i> <i>meat alternate</i> |
| <i>19</i> Honey Nut Cheerios Muffin Diced pears Chicken Tenders Mashed potatoes Green beans Diced pears Fresh apple | <i>20</i> Pancakes on a stick Mixed fruit Cheeseburger French fries Corn Tropical fruit oranges | <i>21</i> Sausage Biscuit Diced peaches Hot Dog/w chili Baked beans carrots w/ dressing Diced peaches Grapes | <i>22</i> Pop tarts Pineapple tidbits Pork chop sandwich Whole potatoes Black-eyed peas Pineapple tidbits Raisins | <i>23</i> Cinnamon roll Tropical fruit Spaghetti w/ sauce Tossed salad Beets Mixed fruit bananas whole wheat roll | <i>5 fruits</i> <i>5 milks</i> <i>5 vegetables</i> <i>10-12 grains</i> <i>10-12 meat or</i> <i>meat alternate</i> |
| <i>26</i> Breakfast pizza Tropical fruit Chick filet Baby lima beans Sliced carrots Tropical fruit raisins | <i>27</i> Mini pancakes Pineapple tidbits Tacos, Cheese, lettuce, salsa Corn Pineapple tidbits Fresh oranges | <i>28</i> Pop tarts Applesauce Corndog or pb&j Broccoli w/ cheese Yams Applesauce grapes | | | <i>5 fruits</i> <i>5 milks</i> <i>5 vegetables</i> <i>10-12 grains</i> <i>10-12 meat or</i> <i>meat alternate</i> |

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