

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Menu subject to change A choice of low-fat milk & juice served daily					
<i>1</i> HOLIDAY	<i>2</i> Mini pancakes Pineapple tidbits Corndog or pb&j Broccoli w/ cheese Yams Pineapple tidbits Apples	<i>3.</i> <i>Pancake on a stick</i> Hamburger steak w/gravy WG rice Green peas applesauce Whole wheat roll Fresh pear	<i>4</i> Pop tarts Diced peaches Tacos, Cheese, lettuce, salsa Corn Diced peaches Fresh oranges	<i>5</i> <i>Cinnamon toast crunch</i> <i>Muffin, diced pears</i> <i>Chicken quesadilla</i> <i>Tossed salad</i> <i>Grape tomatoes</i> <i>Diced pears</i> <i>bananas</i>	<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>8</i> Frosted flakes Muffin Diced pears Cheeseburger French fries Corn Diced pears Oranges	<i>9</i> <i>pancakes on a stick</i> <i>Mixed fruit</i> <i>Chicken Tenders</i> <i>Mashed potatoes</i> <i>Green beans</i> <i>Mixed fruit</i> <i>Fresh apple</i>	<i>10</i> <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>grapes</i>	<i>11</i> <i>Sausage Biscuit</i> <i>Diced peaches</i> Spaghetti w/sauce Beets Tossed salad/dressing Diced peaches Fresh pears	<i>12</i> <i>Cinnamon Bun</i> <i>Tropical fruit</i> <i>Hot Dog/w chili</i> <i>Baked beans</i> <i>carrots w/ dressing</i> <i>tropical fruit</i> <i>bananas</i>	<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>15</i> HOLIDAY	<i>16</i> Mini pancakes Pineapple tidbits Tacos, Cheese, lettuce, salsa Corn Pineapple tidbits Fresh oranges	<i>17</i> <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>	<i>18</i> <i>Apple strudel</i> <i>Diced peaches</i> Hamburger steak w/gravy WG rice Green peas Diced peaches Whole wheat roll grapes	<i>19</i> <i>Cinnamon Toast</i> <i>Diced pears</i> <i>Muffin</i> <i>Chicken quesadilla</i> <i>Tossed salad</i> <i>Grape tomatoes</i> <i>Diced pears</i> <i>bananas</i>	<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>22</i> Frosted Flakes muffin diced pears Chicken Tenders Mashed potatoes Green Beans Mixed fruit Fresh Apple	<i>23</i> <i>Pancakes on a stick</i> <i>Mixed fruit</i> <i>Cheeseburger</i> <i>French fries</i> <i>Corn</i> <i>Diced pears</i> <i>Oranges</i>	<i>24</i> <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>	<i>25</i> <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>	<i>26</i> <i>Cinnamon bun</i> <i>Mixed fruit</i> Spaghetti w/sauce Beets Tossed salad/dressing Mixed fruit bananas	<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>29</i> Breakfast pizza Tropical fruit Chick filet Baby lima beans Sliced carrots Tropical fruit apples	<i>30</i> Mini pancakes Pineapple tidbits Tacos, Cheese, lettuce, salsa Corn Pineapple tidbits Fresh oranges	<i>31</i> <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>fresh pears</i>			