

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Menu subject to change A choice of low-fat milk & juice served daily					
			1 Apple strudel Diced pears Pepperoni Pizza Tossed salad Grape tomatoes w/ dressing Diced pears apples	2 Sausage Biscuit Diced peaches Hot Dog/w chili Baked beans carrots w/ dressing Diced peaches bananas	5 fruits 5 milks 5 vegetables 10-12 grains 10-12 meats or meat alternate
5 Frosted flakes Muffin Diced pears Chicken Tenders Mashed potatoes Green beans Diced pears Fresh apple	6 pancakes on a stick Mixed fruit Cheeseburger French fries Corn Mixed fruit Oranges	7 Pop tarts Pineapple tidbits Pork chop sandwich Whole potatoes Black-eyed peas Pineapple tidbits Pears	8 Cinnamon Toast Crunch Diced peaches Hamburger steak w/gravy WG rice Green peas Diced peaches Whole wheat roll grapes	9 Cinnamon roll Mandarin oranges Spaghetti w/ sauce Tossed salad Beets Mandarin oranges bananas Whole wheat roll	5 fruits 5 milks 5 vegetables 10-12 grains 10-12 meat or meat alternate
12 Breakfast pizza Mandarin oranges Chick filet Baby lima beans Sliced carrots Mandarin oranges pears	13 Mini pancakes Pineapple tidbits Tacos, Cheese, lettuce, salsa Corn Pineapple tidbits Fresh oranges	14 Pop tarts Applesauce Corndog or pb&j Broccoli w/ cheese Yams Applesauce grapes	15 Apple strudel Diced pears Pepperoni Pizza Tossed salad Grape tomatoes w/ dressing Diced pears apples	16 Cinnamon Toast Crunch Diced peaches Hot Dog/w chili Baked beans carrots w/ dressing Diced peaches bananas	5 fruits 5 milks 5 vegetables 10-12 grains 10-12 meat or meat alternate
19 Honey Nut Cheerios Muffin Diced pears Chicken Tenders Mashed potatoes Green beans Diced pears Fresh apple	20 Pancakes on a stick Mixed fruit Cheeseburger French fries Corn Mixed fruit oranges	21 Sausage Biscuit Mandarin Oranges Spaghetti w/ sauce Tossed salad Beets Mandarin oranges whole wheat roll	22 Pop tarts Pineapple tidbits Pork chop sandwich Whole potatoes Black-eyed peas Pineapple tidbits Pears	23 Cinnamon roll Diced peaches Hamburger steak w/gravy WG rice Green peas Diced peaches Whole wheat roll bananas 3	5 fruits 5 milks 5 vegetables 10-12 grains 10-12 meat or meat alternate
26 Breakfast pizza Mandarin oranges Chick filet Baby lima beans Sliced carrots Mandarin oranges pears	27 Mini pancakes Pineapple tidbits Tacos, Cheese, lettuce, salsa Corn Pineapple tidbits Fresh oranges	28 Pop tarts Applesauce Corndog or pb&j Broccoli w/ cheese Yams Applesauce grapes	29 Pop tarts Diced peaches Ham and turkey sandwich Carrots w/dressing Sliced apples	30 HOLIDAY	5 fruits 5 milks 5 vegetables 10-12 grains 10-12 meat or meat alternate