

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>Menu subject to change</b> <b>A choice of low-fat milk &amp; juice served daily</b>					
		<i>1</i> <i>Pop tarts</i> <i>Applesauce</i> <i>Corndog or pb&amp;j</i> <i>Broccoli w/ cheese</i> <i>Yams</i> <i>Applesauce</i> <i>Apples</i>	<i>2</i> <i>Apple strudel</i> <i>Diced peaches</i> Hamburger steak w/gravy WG rice Green peas Diced peaches Whole wheat roll grapes	<i>3</i> <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>	<i>5 fruits</i> <i>5 milks</i> <i>5 vegetables</i> <i>10-12 grains</i> <i>10-12 meats or meat alternate</i>
<i>6</i> <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>	<i>7</i> <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>	<i>8</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>Cantalopes</i>	<i>9</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>	<b>HOLIDAY</b>	<i>5 fruits</i> <i>5 milks</i> <i>5 vegetables</i> <i>10-12 grains</i> <i>10-12 meat or meat alternate</i>
<i>13</i> <i>Breakfast pizza</i> <i>Tropical fruit</i> Chick filet Baby lima beans Sliced carrots Tropical fruit raisins	<i>14</i> <i>Mini pancakes</i> <i>Pineapple tidbits</i> Tacos, Cheese, lettuce, salsa Corn Pineapple tidbits Fresh oranges	<i>15</i> <i>Pop tarts</i> <i>Applesauce</i> <i>Corndog or pb&amp;j</i> <i>Broccoli w/ cheese</i> <i>Yams</i> <i>Applesauce</i> <i>Apples</i>	<i>16</i> <i>Apple strudel</i> <i>Diced peaches</i> Hamburger steak w/gravy WG rice Green peas Diced peaches Whole wheat roll grapes	<i>17</i> <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>	<i>5 fruits</i> <i>5 milks</i> <i>5 vegetables</i> <i>10-12 grains</i> <i>10-12 meat or meat alternate</i>
<i>20</i> <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>	<i>21</i> <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>	22  <b>VACATION</b>	23  <b>HOLIDAY</b>	24  <b>HOLIDAY</b>	<i>5 fruits</i> <i>5 milks</i> <i>5 vegetables</i> <i>10-12 grains</i> <i>10-12 meat or meat alternate</i>
<i>27</i> <i>Breakfast pizza</i> <i>Tropical fruit</i> Chick filet Baby lima beans Sliced carrots Tropical fruit raisins	<i>28</i> <i>Mini pancakes</i> <i>Pineapple tidbits</i> Tacos, Cheese, lettuce, salsa Corn Pineapple tidbits Fresh oranges	<i>29</i> <i>Pop tarts</i> <i>Applesauce</i> <i>Corndog or pb&amp;j</i> <i>Broccoli w/ cheese</i> <i>Yams</i> <i>Applesauce</i> <i>Apples</i>	<i>30</i> <i>Apple strudel</i> <i>Diced peaches</i> Hamburger steak w/gravy WG rice Green peas Diced peaches Whole wheat roll grapes		