

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Menu subject to change A choice of low-fat milk & juice served daily					
				<i>1</i> Cinnamon roll Tropical fruit Cheeseburger French fries Corn Tropical fruit bananas	5 fruits 5 milks 5 vegetables 10-12 grains 10-12 meats or meat alternate
4 HOLIDAY	5 Mini pancakes Pineapple tidbits Tacos, Cheese, lettuce, salsa Corn Pineapple tidbits Fresh apple	6 Pop tarts Applesauce Corndog or pb&j Broccoli w/ cheese Yams Applesauce Fresh oranges	7 Apple strudel Diced peaches Hamburger steak w/gravy WG rice Green peas Diced peaches Whole wheat roll	8 cinnamon toast crunch diced pears Chicken pizza quesadilla Tossed salad Grape tomatoes w/ dressing Diced pears bananas	5 fruits 5 milks 5 vegetables 10-12 grains 10-12 meat or meat alternate
11 Honey Nut Cheerios Muffin Diced pears Chicken Tenders Mashed potatoes Green beans Diced pears Fresh apple	12 Sausage biscuit Mixed fruit Spaghetti w/ sauce Tossed salad Beets Mixed fruit Fresh oranges Breadstick	13 Pop tarts Pineapple tidbits Pork chop sandwich Whole potatoes Black-eyed peas Pineapple tidbits Raisins	14 Sausage Biscuit Diced peaches Hot Dog/w chili Baked beans carrots w/ dressing Diced peaches Grapes	15 Cinnamon roll Tropical fruit Cheeseburger French fries Corn Tropical fruit bananas	5 fruits 5 milks 5 vegetables 10-12 grains 10-12 meat or meat alternate
18 Breakfast pizza Tropical fruit Chick filet Baby lima beans Sliced carrots Tropical fruit bananas	19 Mini pancakes Pineapple tidbits Tacos, Cheese, lettuce, salsa Corn Pineapple tidbits Fresh apple	20 Pop tarts Applesauce Corndog or pb&j Broccoli w/ cheese Yams Applesauce Fresh oranges	21 Apple strudel Diced peaches Hamburger steak w/gravy WG rice Green peas Diced peaches Whole wheat roll EARLY OUT	22 cinnamon toast crunch diced pears Chicken pizza quesadilla Tossed salad Grape tomatoes w/ dressing Diced pears bananas	5 fruits 5 milks 5 vegetables 10-12 grains 10-12 meat or meat alternate
25 Honey Nut Cheerios Muffin Diced pears Chicken Tenders Mashed potatoes Green beans Diced pears Fresh apple	26 Sausage biscuit Mixed fruit Spaghetti w/ sauce Tossed salad Beets Mixed fruit Fresh oranges Breadstick	27 Sausage Biscuit Diced peaches Hot Dog/w chili Baked beans carrots w/ dressing Diced peaches Grapes	28 Pop tarts Pineapple tidbits Pork chop sandwich Whole potatoes Black-eyed peas Pineapple tidbits Raisins	29 Cinnamon roll Tropical fruit Cheeseburger French fries Corn Tropical fruit bananas	5 fruits 5 milks 5 vegetables 10-12 grains 10-12 meat or meat alternate