

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Hot Breakfast				
	Sausage Biscuit (1-M 1.75 G) Poptart (1 oz WG) Cinnamon WG Toast (1 oz) Assorted Cereal (3/4 C) Pears (1/2c) Choice of Juice (4oz) Choice of Milk (8oz) Grape Jelly (.5 oz) Strawberry Jam (.5 oz)	Sausage/Pancake Wrap (1 oz M/1 WG) Syrup IPP Choice of Cereal (3/4c) WG Toast Donut (2 oz) Fruit Cocktail (1/2 c) Choice of Juice (4oz) Choice of Milk (8oz) Grape Jelly (.5 oz) Strawberry Jam (.5 oz)	Ham Biscuit (1.75-G 1-M) Gravy (1/2 c) Choice of Cereal (3/4c) WG Toast (1 oz) Mandarin Oranges (1/2 c) Choice of Juice (4oz) Choice of Milk (8oz) Grape Jelly (.5 oz) Strawberry Jam (.5 oz)	Oatmeal (1/2c) WG Toast (1 oz) Choice of Cereal (3/4c) Double Chocolate Muffin (2-WG) Peaches (1/2 c) Choice of Juice (4oz) Choice of Milk (8oz) Grape Jelly (.5 oz) Strawberry Jam (.5 oz)	Breakfast Pizza (1-M 1.5-WG) Choice of Cereal (3/4c) WG Toast (1-WG) Trix Yogurt (4oz)W/Bug Bites (1oz) Pears 1/2 cup Choice of Juice (4oz) Choice of Milk (8oz) Grape Jelly (.5 oz) Strawberry Jam (.5 oz)
	Grab & Go Breakfast				
	Sausage Biscuit (.75-M 1.75-G) Choice of Poptart (2ozWG) Trix Yogurt (4oz)w/ Bug Bites (1ozWG) Fresh Apple (1 whole) Choice of Juice (4oz) Choice of Milk (8oz)	Chicken Biscuit (.75-M 2.5-WG1.75-WG) Choice of Poptart (2oz) Trix Yogurt (4oz) with Elf Grahams (1oz) Fresh Banana (1 whole) Choice of Juice (4oz) Choice of Milk (8 oz)	Ham Biscuit (1.75-G 1-M) Choice of Poptart (21ozWG) Trix Yogurt (4oz)w/ Bug Bites (1oz) Fresh Orange (1whole) Choice of Juice (4oz) Choice of Milk (8oz)	Chocolate Muffin (2 oz) Choice of Poptart (2 oz) NutriGrain Bar (1 oz WG) Fresh Apple (1 whole) Choice of Juice (4oz) Choice of Milk (8oz)	Breakfast Pizza (1-M 1.5-G) Choice of Poptart (2oz WG) Fresh Orange (1 Whole) Choice of Juice (4oz) Choice of Milk (8oz)
	LUNCH				
	Hamburger/Cheese (2 oz M/2 oz WG) Chicken Vegetable Soup (1 cup =1/2 oz M, 1/2 c V) Grilled Cheese Sandwich (2oz M 2WG) Saltine Crackers (2-G) Chef Salad w/ Turkey Croutons Crackers (2-M 2-G 1 Cup Dark Green V) Fresh Apple (1 whole) SideKicks (1/2c) Lettuce/ Tomato 1/2c Pickle/Onion 1/4c Pea Salad (1/2 c) Corn (1/2 c) Oven Fries (3/4 C) w/Ketchup Choice of Milk (8oz)	Soft Taco W/Cheese (3-M 2-WG) Pinto Beans W/Cornbread (1 c-M 2-G) Lettuce/Tomato(1/2c) Onion (1/4 cup) Fruit Cocktail (1/2c) Fresh Banana (1 whole) Tomato Juice(1/2c) Mustard Greens (1/2c) Potato Wedges(3/4c)Ketchup(1/8c) Sugar Cookie(0.50ozWG) Salsa(1/4c) Sour Cream(1pk) Refried Beans (1/2 cup) Choice of Milk (8 oz)	Chicken Nuggets(4ozM, 2serv Grain) BBQ Sauce or Honey Mustard Lasagna (2M, 3/8 V, 3/4 G) Chef Salad w/ Chicken Croutons Crackers (2oz M, 2c Salad, 2oz Wg) Peaches(1/2c) Fresh Orange (1whole) Mashed Potatoes(1/2c) Green Beans(1/2c) Wheat Rolls(2oz) Salad Dressing(1.5oz)FF Ranch/French Choice of Milk (8oz)	Chili/Chips/Cheese (3-M 2-WG) Baked Ham (2ozM) Chef Salad W/Ham (2-M 2-G 1c V) Applesauce (1/2 c) Fruit Cocktail (1/2 c) Oven Fries 3/4 c w/Ketchup Broccoli Slaw (1/2 c) Chocolate Chip Cookie (.5 WG) Wheat Roll (2 oz WG) Choice of Milk (8oz)	Papa John's Pizza (2.5G/1.8V/2M) Chef Salad W/ Turkey (2-M 2-G 1 Cup V) Side Salad (1 cup credits .5 cup dark green) Ranch Dressing/French Dressing (1.5 oz) Corn (1/2c) Carrot Sticks (1/2 cup) Pear Halves(1/2c) SideKicks(1/2c) Choice of Milk (8oz)
	Poptart Choices: Strawberry Chocolate Fudge Brown Sugar Cinnamon	Cereal Choices: Lucky Charms Cinnamon Toast Crunch Cocoa Puffs	Juice Choices: Apple Grape Orange	Milk Choices: 1% Lowfat White 1% Chocolate Fat Free Skim Fat Free Buttermilk	

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W	Hot Breakfast				
	Sausage & Egg Biscuit (1.75-G /2.75-M) Choice of Cereal (3/4 c) WG Toast (1 oz WG) Cooked Apples (1/2c) Choice of Juice (4oz) Choice of Milk (8oz) Grape Jelly (.5 oz) Strawberry Jam (.5 oz)	Ham Biscuit (1 oz-M 1.75-G) WG Toast (1 oz) Choice of Cereal (3/4c) Pineapples(1/2c) Donut (1.25 WG) Choice of Juice (4oz) Choice of Milk (8oz) Grape Jelly (.5 oz) Strawberry Jam (.5 oz)	French Toast Sticks (1 G) Syrup (1PP) Choice of Cereal (3/4c) WG Toast (1oz) Pears (1/2c) Choice of Juice (4oz) Choice of Milk (8oz) Grape Jelly (.5 oz) Strawberry Jam (.5 oz)	Bologna Biscuit (1.75-G 1-M) Choice of Cereal (3/4c) WG Toast (1oz) Mandarin Oranges (1/2c) Choice of Juice (4oz) Choice of Milk (8oz) Grape Jelly (.5 oz) Strawberry Jam (.5 oz)	Chicken Biscuit (1.75 G .25 WG .75 MMA) Choice of Cereal (3/4c) WG Toast (1oz) Gravy(1/2c) Mandarin Oranges 1/2 c Choice of Juice (4oz) Choice of Milk (8oz) Grape Jelly (.5 oz) Strawberry Jam (.5 oz)
E	Grab & Go Breakfast				
	Sausage & Egg Biscuit (1.75 Grain 2.75 MMA) Mini Cinnis (2 WG) Fresh Apple (1 whole .5 cup) Choice of Juice (4oz) Choice of Milk (8oz)	Ham Biscuit (1oz-M 1.75 G) Trix Yogurt (4oz) with Bug Bites(1oz) Fresh Banana (1 whole .5 cup) Choice of Juice (4oz) Choice of Milk (8oz)	Mini Powdered Donuts(2ozWG) Choice of Poptart (2.5ozWG) NutriGrain Bar (1ozWG) Fresh Apple (1Whole .5 cup) Choice of Juice (4oz) Choice of Milk (8oz)	Mini Bagels (2oz WG) Choice of Poptart (2.5ozWG) Fresh Orange (1 whole .5 cup) Choice of Juice (4oz) Choice of Milk (8oz)	Chicken Biscuit (1.75 G .25 WG .75 MMA) Mini Cinnis (2 WG) Trix Yogurt (4oz) w/ Elf Grahams (1oz) Fresh Apple (1 whole .5 cup) Choice of Juice (4oz) Choice of Milk (8oz)
E	LUNCH				
	Chicken Fajita W/Cheese (2.5 MMA 2WG) Salisbury Steak W/Roll (2MMA 2 WG) Chef Salad W/Chicken, FF Dressing (3 MMA 1 cup DG Veg 2 Grain) Lettuce (1/2 cup) Tomato (1/4 cup) Pear Halves (1/2 cup) Applesauce (1/2c) Peppers/Onions (1/4c) Parsley Potatoes(1/2c) Refried Beans(1/2c) Corn(1/2c) Salsa (1/4 c) Gravy (1/4 c) Sherbet (4 oz) Choice of Milk (8oz)	Chili w/ Beans & Crackers (1 c credits 4 oz MMA, 3/8 c veg, 2 G) Grilled Cheese Sandwich(2ozM/MMA,2WG) Chicken Strips W/Bread(2MMA 2.75WG) BBQ Sauce 2 TBS Fresh Banana (1 whole .5 cup) SideKicks(1/2c) Carrot Sticks(1/2c) Corn (1/2c) Oven Fries (3/4 c) Ketchup (1 TBS) FF Ranch (1.5oz) Choice of Milk (8oz)	Hot Dog, Chili Bun, Chili Dog (2 MMA, 2 WG) (3 MMA 2 WG) Baked Ham W/Roll (2MMA 2 WG) Chef Salad W/Ham, FF Dressing (2 MMA, 1 Cup DG Veg, 2 Grain) SideKicks(1/2c) Fresh Apple (1Whole .5 cup) Tater Tots (3/4 cup) Ketchup (1 TBSP) Baked Beans (1/2c) Brussel Sprouts(1/2c) Mustard (1pk) Mayo(1pk) Onion (1/8c) Choice of Milk (8oz)	Hamburger W/Cheese (2.5 MMA 2 WG) Sweet & Sour Chicken w/Rice (2M 2WG) Teriyaki Chicken W/Rice (2 MMA 2 WG) Chef Salad W/Turkey FF Dressing (2 MMA, 1 Cup DG Veg, 2 Grain) Lettuce, Tomato, Pickle, Onion Mayo/Mustard 1 IPP Side Salad (1 Cup) Fresh Orange (1 whole .5 cup) Applesauce (.5 cup) Egg Roll (1 WG, 1/2 cup Veg) Oriental Vegetables(1/2c) Potato Wedges (3/4 C) Ketchup 1 TBSP Vegetable Fried Rice (1 cup) Sugar Cookie (.5ozWG) Choice of Milk (8oz)	Papa Johns Pizza(2.5 WG 1/8 V 2MMA) Chef Salad W/Chicken, FF Dressing (3 MMA 1 cup DG G2) Side Salad (1 Cup credits 1/2 cup) Choice of FF Dressing Corn (1/2 cup) Carrot Sticks (1/2 cup) Pear Halves (1/2 Cup) SideKicks (1/2 cup Fruit) Choice of Milk (8oz)
2	Poptart Choices: Strawberry Chocolate Fudge Brown Sugar Cinnamon	Cereal Choices: Lucky Charms Cocoa Puffs Cinnamon Toast Crunch	Juice Choices: Apple Grape Orange	Milk Choices: 1% Lowfat White 1% Chocolate Fat Free Skim Fat Free Buttermilk	

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Hot Breakfast									
Oatmeal (1/2 cup) w/ fresh Apple (1/4c) WG Toast (1oz) Choice of Cereal (3/4c) Trix Yogurt (4oz) w/Bug Bites(1pk) Applesauce (1/2c) Choice of Juice (4oz) Choice of Milk (8oz) Grape Jelly (.5 oz) Strawberry Jam (.5 oz.)		French Toast Sticks (1oz) w/syrup(IPP) Choice of Cereal (3/4c) WG Toast (1oz) Mandarin Oranges (1/2c) Choice of Juice (4oz) Choice of Milk (8oz) Grape Jelly (.5 oz) Strawberry Jam (.5 oz)		Breakfast Pizza (1 oz M 1 WG) Yogurt (4oz) w/Bug Bites (1 oz WG) Choice of Cereal (3/4c) WG Toast (1 oz) Mandarin Oranges (1/2 c) Choice of Juice (4oz) Choice of Milk (8oz) Grape Jelly (.5 oz) Strawberry Jam (.5 oz.)		Ham Biscuit(1.75ozWG/1M/MA) Gravy(1/2c) Choice of Cereal (3/4c) WG Toast (1 oz) Pears (1/2 c) Choice of Juice (4oz) Choice of Milk (8oz) Grape Jelly (.5 oz) Strawberry Jam (.5 oz)		Double Chocolate Muffin (2 oz) (1oz Whole grain) Choice of Cereal (3/4c) WG Toast (1 oz) Choice of Poptart (1 oz) Pineapple Tidbits (1/2 c) Choice of Juice (4oz) Choice of Milk (8oz) Grape Jelly (.5 oz) Strawberry Jam (.5 oz)	
Grab & Go Breakfast									
Blueberry Muffin (2 oz) Choice of Poptart (2 oz WG) NutriGrain Bar (1 oz WG) Trix Yogurt (4oz) w/Bug Bites(1pk) (1/2 c F 1 M 1 oz WG) Fresh Apple (1 Whole) Choice of Juice (4oz) Choice of Milk (8oz)		Chicken Biscuit (.75oz Meat, 1.75oz WG) Trix Yogurt (4oz) with Elf Grahams (1oz) NutriGrain Bar (1 oz WG) Fresh Banana (1 whole) Choice of Poptart (2oz WG) Choice of Juice (4oz) Choice of Milk (8oz)		Breakfast Pizza (1 oz M 1 WG) Choice of Poptart (2oz WG) NutriGrain Bar (1 oz.) Fresh Orange (1 whole) Choice of Juice (4oz) Choice of Milk (8oz)		Mini Bagel (2 oz WG) Choice of Poptart (2oz WG) NutriGrain Bar (1 oz) Fresh Apple (1 whole) Choice of Juice (4oz) Choice of Milk (8oz)		Blueberry Muffin(2oz) Choice of Poptarts (2 oz WG) Trix Yogurt (4 oz) w/Bug Bites (1 oz WG) Mini Donuts Chocolate (2 oz WG) Fresh Orange (1 Whole) Choice of Juice (4oz) Choice of Milk (8oz)	
LUNCH									
Taco Salad w/Cheese (2 M 2 WG) Lettuce/Tomato (1/2 c) Oven Fried Chicken (2 oz) Chef Salad W/Ham Croutons Crackers (2-M, 1 Dark Green, 2-G) SideKicks(1/2c) Fresh Pear (1 Whole) Oven Fries (3/4 c) w/Ketchup Salsa (1/4 c) Refried Beans (1/2 c) Peas (1/2 c) Wheat Roll (2 oz) Sour Cream (1 pk) Choice of Milk (8oz)		Hamburger/Cheese (2oz M, 2 WG) Fish Sandwich/cheese (2oz M, 2WG) ChefSalad W/Chicken Croutons Crackers (2-M, 1 cup Dark Green, 2- Grain) Fruit Cocktail (1/2c) Orange Juice (4oz) Lettuce/Tomato (1/2c) Pickles/Onions (1/4c) Oven Fries(3/4c) Ketchup Pea Salad(1/2c) Mustard(2pks) Mayo(1pk) Tarter Sause (1pk) FF Dressing (1.5oz) Choice of Milk (8oz)		Bologna (4oz) Biscuit (2ozWG) Scrambled Eggs (1 Whole) Gravy(1/2c) Tater Tots (3/4c) Ketchup Corn Dog (2ozM, 2ozWG) Chef Salad W/Turkey Croutons Crackers (2-M 2-G 1 Cup Dark Green V) Fresh Orange (1 whole) Mandarin Oranges (1/2c) Fresh Carrot Sticks(1/2c) FF Dressing(1.5oz) Mustard Choce of Milk (8oz)		Chicken Strip Wrap (2oz M, 1/4c Veg, 1WG) Meat Loaf(3/4slice=2ozM, 1/2WG) Salad Plate W/Ham Croutons Crackers (2-M 2-G 1 Cup Dark Green V) Pineapple Tidbits (1/2 c) Fresh Apple (1 whole) Salsa (1/4c) Parsley Potatoes (1/2c) Wheat Roll(2oz) Sour Cream (1pk) Lettuce/Tomato Sherbet Choice of Milk (8oz)		Papa John Pizza(2.5G, 1/8V, 2M/MA) Chef Salad W/Ham (2-M 2-G 1 Cup V) Side Salad (1-Dark Green) FF Dressing (1.5oz) Corn (1/2c) Pear Halves (1/2c) Carrot Sticks (1/2 cup) SideKicks(1/2c) Choice of Milk (8oz)	
Poptart Choices: Strawberry Chocolate Fudge Brown Sugar Cinnamon		Cereal Choices: Lucky Charms Cocoa Puffs Cinnamon Toast Crunch		Juice Choices: Apple Grape Orange		Milk Choices: 1% Lowfat White 1% Chocolate Fat Free Skim Fat Free Buttermilk			

WEEK

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Ham & Cheese Biscuit (1.75oz WG, 1.5oz MMA) Choice of Cereal (3/4c) WG Toast (1oz) Trix Yogurt (4oz)w/ Elf Grahams (1pk) Mandarin Oranges(1/2c) Choice of Juice (4oz) Choice of Milk (8oz) Grape Jelly/Strawberry Jam (.5 oz)	Chicken Biscuit (1.75oz WG, .75oz MMA) Choice of Cereal (3/4c) WG Toast (1oz) Fruit Cocktail (1/2c) Choice of Juice (4oz) Choice of Milk (8oz) Grape Jelly (.5 oz) Strawberry Jam (.5 oz)	Baked Bologna (1oz) WG Toast (1oz) Choice of Cereal (3/4c) Peaches (1/2c) Choice of Juice (4oz) Choice of Milk (8oz) Grape Jelly (.5 oz) Strawberry Jam (.5 oz)	Breakfast Pizza (1oz WG, 1oz meat) Trix Yogurt (4oz) W/Bug Bites 1oz) Choice of Cereal (3/4c) WG Toast (1oz) Pineapple Tidbits (1/2c) Choice of Juice (4oz) Choice of Milk (8oz) Grape Jelly/Strawberry Jam (.5 oz)	Sausage Biscuit (1.75oz WG, 1 oz MMA) Gravy (1/2c) Choice of Cereal (3/4c) WG Toast (1oz) Cooked Apples (1/2c) Choice of Juice (4oz) Choice of Milk (8oz) Grape Jelly/Strawberry Jam (.5 oz)
	Grab & Go Breakfast				
	Ham & Cheese Biscuit (1.75oz WG, 1.5oz MMA) Trix Yogurt (4oz) w/ Elf Grahams (1oz) NutriGrain Bar (1oz WG) Fresh Apple (1 whole) Choice of Juice (4oz) Choice of Milk (8oz)	Chicken Biscuit (1.75oz WG, .75oz MMA) Trix Yogurt (4oz) w/Bug Bites NutriGrain Bar (1ozWG) Fresh Banana (1 whole) Choice of Juice (4oz) Choice of Milk (8oz)	Banana Muffin (1 WG) Choice of Poptart (2oz) NutriGrain Bar (1oz WG) Fresh Apple (1 Whole) Choice of Juice (4oz) Choice of Milk (8oz)	Breakfast Pizza (1oz WG, 1 oz MMA) Choice of Poptart (2 WG) NutruGrain Bar (1 WG) Fresh Orange (1 Whole) Choice of Juice (4 oz.) Choice of Milk (8oz)	Sausage Biscuit (1.75 oz WG, 1 oz MMA) Choice of Poptart (2oz) Trix Yogurt (4oz) w/ Elf Grahams (1oz WG) Fresh Apple (1 Whole) Mini Powdered Donut Choice of Juice (4 oz) Choice of Milk (8oz)
	LUNCH				
	Pork Loin Patty (2oz) Chicken Casserole (2ozM, 1ozWG) Chef Salad W/Chicken Croutons Crackers (2-M,1 cup V, 2 -G) Fruit Cocktail (1/2c) Fresh Orange (1 whole) Corn (1/2c) Green Beans (1/2c) Macaroni and Cheese (1/2c) Wheat Roll (2oz) Choice of Milk (8oz)	Sloppy Joe on Bun 2oz MMA, 2oz WG) Chicken Vegetable Soup (1c=1/2ozM, 1/2cVeg) Grilled Cheese (2oz M, 2 WG) Chef Salad W/Ham Croutons, Crackers (2-M,1 cup V, 2-G) Yellow Cake w/Chocolate Icing Fresh Banana (1 whole) Fruit Cocktail (1/2c) Oven Fries (2/4c) w/ Ketchup Pasta Salad(1/2c) Saltine Crackers (8per serv) FF Dressing (1.5oz) Choice of Milk (8oz)	Chicken Patty on Bun(2oz M, 2 WG) Mustard(2pks) or Mayo (1pk) Sandwich Trimmings(1/4c) Fish Nuggets (2oz M, 1 WG) Tarter Sause (1pk) Baked Ham (2oz) Fresh Apple (1 Whole) Peaches(1/2c) Tater Tots(3/4c) w/Ketchup Baked Sweet Potato(1whole)Butter(1t) Baked Beans (2ozWG) Wheat Roll (2ozWG) Choice of Milk (8oz)	Turkey Sandwich (2ozM,2ozWG) Chili/Chips/Cheese(2ozM,1WG) Chef Salad W/Turkey(2-M,2-G,1cup V) Pasta Salad (1/2c) Sandwich Trimmings (1/4c) Fruit Cocktail (1/2c) Pineapple (1/2c) Oven Fries (3/4c)w/Ketchup Brussel Sprouts (1/2c) Tomato Juice (1/2c) FF Dressing (1.5oz) Mayo & Mustard Choice of Milk (8oz)	Papa John Pizza(2.5G, 1/8V, 2M/MMA) Chef Salad W/Chicken Croutons Crackers (2-M, 2-G, 1 cup V) Side Salad Corn (1/2c) Carrot Sticks (1/2 cup) Pear Halves (1/2c) SideKicks (1/2c) Ranch Dressing/French Dressing (1.5 oz) Choice of Milk (8oz)
	Poptart Choices: Strawberry Chocoalte Fudge Brown Sugar Cinnamon	Cereal Choices: Lucky Charms Cocoa Puffs Cinnamon Toast Crunch	Juice Choices: Apple Grape Orange	Milk Choices: 1% Lowfat White 1% Chocolate Fat Free Skim Fat Free Buttermilk	

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