



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Cinnamon Raisin Roll 2 oz 100% Fruit Juice 6 oz Jelly and Margarine 1% Milk	2 Cereal Bowl 1 oz Fresh Fruit 1 cup 1% Milk	3 WG Fruit Muffin Fresh Fruit 1 cup 1% Milk	4 Granola Bar 1.5 oz 100% Fruit Juice 6 oz 1% Milk
7 Cereal Bowl 1 oz Fresh Fruit 1 cup 1% Milk	8 WG Potato Bun 2 oz 100% Fruit Juice 6 oz Jelly and Margarine 1% Milk	9 Cereal Bowl 1 oz Fresh Fruit 1 cup 1% Milk	10 WG Fruit Muffin Fresh Fruit 1 cup 1% Milk	11 Granola Bar 1.5 oz 100% Fruit Juice 6 oz 1% Milk
14 Cereal Bowl 1 oz Fresh Fruit 1 cup 1% Milk	15 WG Brioche Roll 2 oz 100% Fruit Juice 6 oz Jelly and Margarine 1% Milk	16 Cereal Bowl 1 oz Fresh Fruit 1 cup 1% Milk	17 WG Oat Bran Muffin Fresh Fruit 1 cup 1% Milk	18 Granola Bar 1.5 oz 100% Fruit Juice 6 oz 1% Milk
21 Cereal Bowl 1 oz Fresh Fruit 1 cup 1% Milk	22 Cinnamon Raisin Roll 2 oz 100% Fruit Juice 6 oz Jelly and Margarine 1% Milk	23 Cereal Bowl 1 oz Fresh Fruit 1 cup 1% Milk	24 WG Fruit Muffin Fresh Fruit 1 cup 1% Milk	25 Granola Bar 1.5 oz 100% Fruit Juice 6 oz 1% Milk
28 Cereal Bowl 1 oz Fresh Fruit 1 cup 1% Milk	29 WG Potato Bun 2 oz 100% Fruit Juice 6 oz Jelly and Margarine 1% Milk	30 Cereal Bowl 1 oz Fresh Fruit 1 cup 1% Milk	1 WG Fruit Muffin Fresh Fruit 1 cup 1% Milk	2 Granola Bar 1.5 oz 100% Fruit Juice 6 oz 1% Milk



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>31</p> <p>Turkey Breast Sandwich 3 oz. Mayo & Mustard Packet 1 ea WW Bread 1.3 oz / 38 gr. Carrot/Celery Slims & Ranch ½ cup Applesauce 2 oz. / ¼ cup 1% Milk</p>	<p>1</p> <p>USDA Tuna Fish Salad 3 oz WW Bun 2.1 oz. / 1 ea. Cabbage/Cucumber/Tomato Salad w/ French ½ cup Peaches 2 oz. / ¼ cup 1% Milk</p>	<p>2</p> <p>Turkey-Ham 3 oz. & Cheese 1 oz. WW Sub Roll 5 oz. / 142 gr. Mayo & Mustard Packet 1 ea. Lettuce & Tomato ½ c Italian Dressing Packet 1 ea. Pears 2 oz. / ¼ cup 1% Milk</p>	<p>3</p> <p>Diced Chicken 2 oz Baked in Caesar Dressing Shredded Parmesan Cheese 1 oz. on Salad Greens ½ c Dinner Roll 57 gr. / 1 ea. Fruit Cocktail 2 oz. / ¼ cup Potato Salad ½ cup 1% Milk</p>	<p>4</p> <p>Shredded Mozzarella 1 oz Diced Marinara Chicken 2 oz on Flatbread 57 gr. / 1 ea. Broccoli/Cauliflower Florets w/ Ranch ½ cup Pineapple Tidbits 2 oz. ¼ cup 1% Milk</p>
<p>7</p> <p>Turkey Breast Rollup 2 oz Cheese 1 oz. WW Tortilla 31 gr. / 1 ea. Carrot/Celery Slims & Ranch ½ cup Applesauce 2 oz. ¼ cup 1% Milk</p>	<p>8</p> <p>USDA Egg Salad 3 oz WW Bun 2.1 oz. / 1 ea. Cabbage/Cucumber/Tomato Salad w/ French ½ cup Peaches 2 oz. / ¼ cup. 1% Milk</p>	<p>9</p> <p>Beef Bologna 3 oz. & Cheese 1 oz. WW Sub Roll 5 oz. / 142 gr. Mayo & Mustard Packet 1 ea. Lettuce & Tomato ½ c Italian Dressing Packet 1 ea. Pears 2 oz. / ¼ cup 1% Milk</p>	<p>10</p> <p>Diced Chicken 2 oz Baked in Ranch Dressing Shredded Cheddar Cheese 1 oz on Salad Greens ½ c Dinner Roll 57 gr. / 1 ea. Fruit Cocktail 2 oz. / ¼ cup Potato Salad ½ cup 1% Milk</p>	<p>11</p> <p>Shredded Mozzarella 1 oz Diced Sweet & Sour Chicken 2 oz on Flatbread 57 gr. / 1 ea. Broccoli/Cauliflower Florets w/ Ranch ½ cup Pineapple Tidbits 2 oz. ¼ cup 1% Milk</p>
<p>14</p> <p>Cheese Slices ½ Sandwich 3 oz. Mayo & Mustard Packet 1 ea WW Bread 1.3 oz / 38 gr. Carrot/Celery Slims & Ranch ½ cup Applesauce 2 oz. / ¼ cup 1% MILK</p>	<p>15</p> <p>USDA Chicken Salad 3 oz on WW Bun 2.1 oz. / 1 ea. Cabbage, Cucumber & Tomato Salad w/ French ½ cup Peaches 2 oz. / ¼ cup 1% Milk</p>	<p>16</p> <p>Beef Pepperoni 3 oz. & Cheese 1 oz. ½ - 8" WW Sub Roll 5 oz. / 142 gr. Mayo & Mustard Packet 1 ea. Lettuce & Tomato ½ c Italian Dressing Packet 1 ea. Pears 2 oz. / ¼ cup 1% Milk</p>	<p>17</p> <p>Diced Chicken 2 oz Baked in BBQ Sauce Shredded Cheddar Cheese 1 oz. on Salad Greens ½ c Dinner Roll 57 gr. / 1 ea. Fruit Cocktail 2 oz. / ¼ cup Potato Salad ½ cup 1% Milk</p>	<p>18</p> <p>Shredded Mozzarella 1 oz Diced Buffalo Chicken 2 oz on Flatbread 57 gr. / 1 ea. Broccoli/Cauliflower Florets w/ Ranch ½ cup Pineapple Tidbits 2 oz. ¼ cup 1% Milk</p>
<p>21</p> <p>Turkey Breast Sandwich 3 oz Mayo & Mustard Packet 1 ea 1 slice WW Bread 1.3 oz / 38 gr. Carrot/Celery Slims & Ranch ½ cup Applesauce 2 oz. / ¼ cup 1% Milk</p>	<p>22</p> <p>USDA Tuna Fish Salad 3 oz WW Bun 2.1 oz. / 1 ea. Cabbage/Cucumber/Tomato Salad w/ French ½ cup Peaches 2 oz. / ¼ cup 1% Milk</p>	<p>23</p> <p>Turkey-Ham 3 oz. & Cheese 1 oz. WW Sub Roll 5 oz. / 142 gr. Mayo & Mustard Packet 1 ea. Lettuce & Tomato ½ c Italian Dressing Packet 1 ea. Pears 2 oz. / ¼ cup 1% Milk</p>	<p>24</p> <p>Diced Chicken 2 oz Baked in Caesar Dressing Shredded Parmesan Cheese 1 oz. on Salad Greens ½ c Dinner Roll 57 gr. / 1 ea. Fruit Cocktail 2 oz. / ¼ cup Potato Salad ½ cup 1% Milk</p>	<p>25</p> <p>Shredded Mozzarella 1 oz Diced Marinara Chicken 2 oz on Flatbread 57 gr. / 1 ea. Broccoli/Cauliflower Florets w/ Ranch ½ cup Pineapple Tidbits 2 oz. ¼ cup 1% Milk</p>
<p>28</p> <p>Turkey Breast Rollup 2 oz Cheese 1 oz. WW Tortilla 31 gr. / 1 ea. Carrot/Celery Slims & Ranch ½ cup Applesauce 2 oz. ¼ cup 1% Milk</p>	<p>29</p> <p>USDA Egg Salad 3 oz WW Bun 2.1 oz. / 1 ea. Cabbage/Cucumber/Tomato Salad w/ French ½ cup Peaches 2 oz. / ¼ cup. 1% Milk</p>	<p>30</p> <p>Beef Bologna 3 oz. & Cheese 1 oz. WW Sub Roll 5 oz. / 142 gr. Mayo & Mustard Packet 1 ea. Lettuce & Tomato ½ c Italian Dressing Packet 1 ea. Pears 2 oz. / ¼ cup 1% Milk</p>	<p>1</p> <p>Diced Chicken 2 oz Baked in Ranch Dressing Shredded Cheddar Cheese 1 oz on Salad Greens ½ c Dinner Roll 57 gr. / 1 ea. Fruit Cocktail 2 oz. / ¼ cup Potato Salad ½ cup 1% Milk</p>	



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>31</p> <p>Teriyaki Baked Chicken 2 oz. IW WG Potato Bun 2.1 oz. / 1 ea. Steamed Broccoli ½ cup Warm Apple Raisin Compote ¼ cup 1% Milk</p>	<p>1</p> <p>Beefaroni 1 cup serving 4 oz Meat Sauce & WG Pasta ½ cup Steamed Mixed Veggies ½ cup Peach Crisp ¼ cup 1% Milk</p>	<p>2</p> <p>Adobo Seasoned Chicken 2 oz Steamed Brown Rice ½ c Green Peas & Red Peppers ½ cup Plantain Bananas ¼ cup 1% Milk</p>	<p>3</p> <p>Taco Seasoned Tuna 3 oz. In Yellow Rice ¼ cup WW Tortilla 31 gr / 1 ea. Tomato Salsa & Kernel Corn ½ cup Refried Beans w/ Cheese ¼ cup 1% Milk</p>	<p>4</p> <p>Hamburger 2.5 oz. / 1 ea. on WW Burger Bun 2.1 oz. / 1 ea. Tater Puffs ½ cup Green Beans ¼ cup 1% Milk</p>
<p>7</p> <p>BBQ Baked Chicken 2 oz. IW WG Potato Bun 2.1 oz. / 1 ea. Collards & Black Eyed Peas ½ cup Warm Apple Raisin Compote ¼ cup 1% Milk</p>	<p>8</p> <p>Macaroni & Cheese 1 cup serving 4 oz Cheese Sauce & WG Pasta ½ c Spinach & Stewed Tomato ½ cup Peach Crisp ¼ cup 1% Milk</p>	<p>9</p> <p>Salisbury Steak Au Jus 3.2 oz. / 1 ea. IW WG Potato Bun 2.1 oz. / 1 ea. Mash Potato mixed with Peas ½ cup Plantain Bananas ¼ cup 1% Milk</p>	<p>10</p> <p>Taco Seasoned Ground Turkey 3 oz. In Yellow Rice ¼ cup WW Tortilla 31 gr / 1 ea. Tomato Salsa & Kernel Corn ½ cup Refried Beans w/ Cheese ¼ cup 1% Milk</p>	<p>11</p> <p>Chicken Patty 3.1 oz. / 1 ea. on WW Burger Bun 2.1 oz. / 1 ea. Tater Puffs ½ cup Kernel Corn ¼ cup 1% Milk</p>
<p>14</p> <p>Buffalo Baked Chicken 2 oz IW WG Potato Bun 2.1 oz. / 1 ea. Sauteed Cabbage ½ cup Shredded Cabbage & Carrots Warm Apple Raisin Compote ¼ cup 1% Milk</p>	<p>15</p> <p>*WG Ziti Pasta Bake 1 cup serving ½ c Ricotta, Egg, Mozzarella, Parmesan & Tomato Marinara Steamed Mixed Veggies ½ cup Peach Crisp ¼ cup 1% Milk</p>	<p>16</p> <p>Beef Meatloaf 3 oz IW WG Potato Bun 2.1 oz. / 1 ea. Mash Potato mixed with Corn ½ cup Plantain Bananas ¼ cup 1% Milk</p>	<p>17</p> <p>Taco Seasoned Chicken 3 oz. In Yellow Rice ¼ cup WW Tortilla 31 gr / 1 ea. Tomato Salsa & Kernel Corn ½ cup Refried Beans w/ Cheese ¼ cup 1% Milk</p>	<p>18</p> <p>Hamburger 2.5 oz. / 1 ea. on WW Burger Bun 2.1 oz. / 1 ea. Tater Puffs ½ cup Green Beans ¼ cup 1% Milk</p>
<p>21</p> <p>Teriyaki Baked Chicken 2 oz. IW WG Potato Bun 2.1 oz. / 1 ea. Steamed Broccoli ½ cup Warm Apple Raisin Compote ¼ cup 1% Milk</p>	<p>22</p> <p>Beefaroni 1 cup serving 4 oz Meat Sauce & WG Pasta ½ cup Steamed Mixed Veggies ½ cup Peach Crisp ¼ cup 1% Milk</p>	<p>23</p> <p>Adobo Seasoned Chicken 2 oz Steamed Brown Rice ½ c Green Peas & Red Peppers ½ cup Plantain Bananas ¼ cup 1% Milk</p>	<p>24</p> <p>Taco Seasoned Tuna 3 oz. In Yellow Rice ¼ cup WW Tortilla 31 gr / 1 ea. Tomato Salsa & Kernel Corn ½ cup Refried Beans w/ Cheese ¼ cup 1% Milk</p>	<p>25</p> <p>Hamburger 2.5 oz. / 1 ea. on WW Burger Bun 2.1 oz. / 1 ea. Tater Puffs ½ cup Green Beans ¼ cup 1% Milk</p>
<p>28</p> <p>BBQ Baked Chicken 2 oz. IW WG Potato Bun 2.1 oz. / 1 ea. Collards & Black Eyed Peas ½ cup Warm Apple Raisin Compote ¼ cup 1% Milk</p>	<p>29</p> <p>Macaroni & Cheese 1 cup serving 4 oz Cheese Sauce & WG Pasta ½ c Spinach & Stewed Tomato ½ cup Peach Crisp ¼ cup 1% Milk</p>	<p>30</p> <p>Salisbury Steak Au Jus 3.2 oz. / 1 ea. IW WG Potato Bun 2.1 oz. / 1 ea. Mash Potato mixed with Peas ½ cup Plantain Bananas ¼ cup 1% Milk</p>	<p>1</p> <p>Taco Seasoned Ground Turkey 3 oz. In Yellow Rice ¼ cup WW Tortilla 31 gr / 1 ea. Tomato Salsa & Kernel Corn ½ cup Refried Beans w/ Cheese ¼ cup 1% Milk</p>	<p>2</p> <p>Chicken Patty 3.1 oz. / 1 ea. on WW Burger Bun 2.1 oz. / 1 ea. Tater Puffs ½ cup Kernel Corn ¼ cup 1% Milk</p>



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Teddy Grahams 1 oz Fresh Fruit 1 cup	1 Cinnamon Raisin Roll 2 oz 100% Fruit Juice 6 oz Jelly and Margarine	2 Goldfish Crackers 1 oz Fresh Fruit 1 cup	3 WG Fruit Muffin Fresh Fruit 1 cup	4 Animal Crackers 1 oz 100% Fruit Juice 6 oz
7 Granola Bar 1.5 oz Fresh Fruit 1 cup	8 WG Potato Bun 2 oz 100% Fruit Juice 6 oz Jelly and Margarine	9 Goldfish Pretzels 1 oz Fresh Fruit 1 cup	10 WG Fruit Muffin Fresh Fruit 1 cup	11 Bug Bite Grahams 1 oz 100% Fruit Juice 6 oz
14 Teddy Grahams 1 oz Fresh Fruit 1 cup	15 WG Brioche Roll 2 oz 100% Fruit Juice 6 oz Jelly and Margarine	16 Bug Bite Grahams 1 oz Fresh Fruit 1 cup	17 WG Oat Bran Muffin Fresh Fruit 1 cup	18 Animal Crackers 1 oz 100% Fruit Juice 6 oz
21 Teddy Grahams 1 oz Fresh Fruit 1 cup	22 Cinnamon Raisin Roll 2 oz 100% Fruit Juice 6 oz Jelly and Margarine	23 Goldfish Crackers 1 oz Fresh Fruit 1 cup	24 WG Fruit Muffin Fresh Fruit 1 cup	25 Animal Crackers 1 oz 100% Fruit Juice 6 oz
28 Granola Bar 1.5 oz Fresh Fruit 1 cup	29 WG Potato Bun 2 oz 100% Fruit Juice 6 oz Jelly and Margarine	30 Goldfish Pretzels 1 oz Fresh Fruit 1 cup	1 WG Fruit Muffin Fresh Fruit 1 cup	2 Bug Bite Grahams 1 oz 100% Fruit Juice 6 oz