

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/31-*Egg Salad (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) LF Ranch Dressing Peaches (1/4c) WG Crackers (22g) 1% Milk (8oz)	2/1- <b>Buffalo Seasoned Chicken</b> (2oz) Shredded Cheese (.5oz) *Potato Salad (2/3c) Tropical Fruit Cocktail (1/4c) WG Tortilla (28g) 1% Milk (8oz)	2/2-* <b>Turkey</b> (2oz) & Cheese (.5oz) in *Macaroni Salad Celery Sticks (1/4c) Baby Carrots (1/4c) LF Ranch Dressing Pineapple (1/4c) WG Macaroni (1/2c in 3/4c serving) 1% Milk (8oz)	2/3-Cheese Cubes (1oz) Sunflower Kernels (1oz) Mixed Green Salad with Shredded Carrots (1c) LF French Dressing Raisins (1.3oz-1.5oz =1/4c) WG Crackers (22g) 1% Milk (8oz)	2/4-* <b>Beef Pepperoni &amp; Cheese</b> (3oz) on WG Rich Sandwich Bread Mayonnaise & Mustard Packet *Creamy Coleslaw (1/2c) Fruit Cocktail (1/4c) WG Rich Bread (1 slice, 28g) 1% Milk or Fat Free Flavored Milk (8oz)
2/7-* <b>Chicken Salad</b> (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) LF Ranch Dressing Tropical Fruit Cocktail (1/4c) WG Crackers (22g) 1% Milk (8oz)	2/8- <b>Taco Seasoned Chicken</b> (2oz) Shredded Cheese (.5oz) *Salsa, Tomato, Scallions in Lime Dressing (1/2c) Pineapple (1/4c) WG Tortilla (28g) 1% Milk (8oz)	2/9-* <b>Turkey</b> (2oz) & Cheese (.5oz) in *Macaroni Salad Celery Sticks (1/4c) Baby Carrots (1/4c) LF Ranch Dressing Peaches (1/4c) WG Macaroni (1/2c in 3/4c serving) 1% Milk (8oz)	2/10-* <b>Beef Pepperoni</b> (2oz) Cheese (1oz) Mayonnaise & Mustard Packet Cucumber Slices (1/2c) LF French Dressing Pears (1/4c) WG Cornbread (34g) 1% Milk (8oz)	2/11-* <b>Turkey &amp; Cheese</b> (3oz) on WG Rich Sandwich Bread Mayonnaise & Mustard Packet *Creamy Coleslaw (1/2c) Fruit Cocktail (1/4c) WG Rich Bread (1 slice, 28g) 1% Milk or Fat Free Flavored Milk (8oz)
2/14-* <b>Tuna Salad</b> (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) LF Ranch Dressing Pears (1/4c) WG Crackers (22g) 1% White Milk (8oz)	2/15- <b>BBQ Seasoned Chicken</b> (2oz) Shredded Cheese (.5oz) *Potato Salad (2/3c) ½ Fresh Orange (1/4c) WG Tortilla (28g) 1% White Milk (8oz)	2/16- <b>Taco Seasoned Chicken</b> (2oz) Shredded Cheese (.5oz) *Salsa, Tomato, Scallions in Lime Dressing (1/2c) Applesauce (1/4c) WG Tortilla (28g) 1% Milk (8oz)	2/17-* <b>Beef Pepperoni</b> (2oz) Cheese (1oz) Mixed Green Salad with Shredded Carrots (1c) LF French Dressing Peaches (1/4c) WG Cornbread (34g) 1% Milk (8oz)	2/18-* <b>Beef Bologna &amp; Cheese</b> (3oz) on Mayonnaise & Mustard Packet *Creamy Coleslaw (1/2c) Fruit Cocktail (1/4c) WG Rich Bread (1 slice, 28g) 1% Milk or Fat Free Flavored Milk (8oz)
2/21-* <b>Egg Salad</b> (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) LF Ranch Dressing Peaches (1/4c) WG Crackers (22g) 1% Milk (8oz)	2/22- <b>Buffalo Seasoned Chicken</b> (2oz) Shredded Cheese (.5oz) *Potato Salad (2/3c) Tropical Fruit Cocktail (1/4c) WG Tortilla (28g) 1% Milk (8oz)	2/23-* <b>Turkey</b> (2oz) & Cheese (.5oz) in *Macaroni Salad Celery Sticks (1/4c) Baby Carrots (1/4c) LF Ranch Dressing Pineapple (1/4c) WG Macaroni (1/2c in 3/4c serving) 1% Milk (8oz)	2/24-Cheese Cubes (1oz) Sunflower Kernels (1oz) Mixed Green Salad with Shredded Carrots (1c) LF French Dressing Raisins (1.3oz-1.5oz =1/4c) WG Crackers (22g) 1% Milk (8oz)	2/25-* <b>Beef Pepperoni &amp; Cheese</b> (3oz) on WG Rich Sandwich Bread Mayonnaise & Mustard Packet *Creamy Coleslaw (1/2c) Fruit Cocktail (1/4c) WG Rich Bread (1 slice, 28g) 1% Milk or Fat Free Flavored Milk (8oz)
2/28-* <b>Chicken Salad</b> (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) LF Ranch Dressing Tropical Fruit Cocktail (1/4c) WG Crackers (22g) 1% Milk (8oz)	3/1- <b>Taco Seasoned Chicken</b> (2oz) Shredded Cheese (.5oz) *Salsa, Tomato, Scallions in Lime Dressing (1/2c) Pineapple (1/4c) WG Tortilla (28g) 1% Milk (8oz)	3/2-* <b>Turkey</b> (2oz) & Cheese (.5oz) in *Macaroni Salad Celery Sticks (1/4c) Baby Carrots (1/4c) LF Ranch Dressing Peaches (1/4c) WG Macaroni (1/2c in 3/4c serving) 1% Milk (8oz)	3/3-* <b>Beef Pepperoni</b> (2oz) Cheese (1oz) Mayonnaise & Mustard Packet Cucumber Slices (1/2c) LF French Dressing Pears (1/4c) WG Cornbread (34g) 1% Milk (8oz)	3/4-* <b>Turkey &amp; Cheese</b> (3oz) on WG Rich Sandwich Bread Mayonnaise & Mustard Packet *Creamy Coleslaw (1/2c) Fruit Cocktail (1/4c) WG Rich Bread (1 slice, 28g) 1% Milk or Fat Free Flavored Milk (8oz)