

	Monday	Tuesday	Wednesday	Thursday	Friday
Week #1	WW Toast, oranges & milk HM Macaroni & cheese, peas & broccoli & milk Goldfish & Grapes	Bagel, applesauce& milk Hamburger, roll, baked beans, corn & milk WW wheat thins & grape juice	Pancakes, blueberries & milk Chicken salad, green beans, parsley potatoes, biscuit & milk WW triscuits & string cheese	Rice krispies, banana & milk Beef Tacos on WW tortilla, lettuce, tomtatoes, black beans & milk Apples, PB & milk	WW life, milk & pineapple Tuna sandwich on WW bread, mixed veggies, tater tots & milk Bread sticks w/tomato sauce & milk
	WW Eng muffin, peaches & milk Sloppy joe (gr beef & tomato sauce), roll, tater tots, green beans, milk Cinnamon apples & string cheese	French toast (WW bread) strawberries & milk Chicken legs, rice & pink beans, avocado & milk Cheese-it-crackers & grapes	WW Cheerios, milk & banana Baked Zitti with meat sauce, lettuce & cucumber salad & milk Corn muffins & milk	Corn flakes, milk & oranges Grilled Cheese sandwich on WW bread, tomato soup, broccoli, apples & milk Chex mix & 100% berry juice	Croissant, blueberries & milk Scrambled Eggs in WW tortilla, home fries, fresh fruit salad & milk Raisin bread & mixed fruit
	Yogurt parfait, mixed fruit & milk Turkey sandwich on WW bread, green beans, parsley potato & milk WW tortilla, banana & Pb roll up & milk	WW corn squares, blueberries & milk Chilli (ground beef, chilli beans, tomato sauce) on pasta & milk Ritz crackers & cheese cubes	Croissant, fresh tropical fruit salad & milk Cheddar cheese egg bake, WW bread, cucumbers, apples, hash browns & milk soft pretzel & 100% berry juice	WW toast, peaches & milk Chicken fried rice, mixed veggies, pineapple & milk Snack crackers & grapes	Special K, milk & banana PB & J sandwich on WW bread, Cheese cubes, applesauce, carrots & milk Pastellio (seasoned beef baked in a pastry shell)
Week #4	WW toast, apples & milk Hot dog, roll, baked sweet potato fries, corn & milk Beef and cheese taco	WW english muffin, oranges & milk Ravioli, tomato sauce, meatball, lettuce salad, applesauce & milk Pretzels & pears	WW rice squares, strawberries & milk HM pizza(cheese, tomato sauce), garden salad, apples & milk Cheese sticks, cucumbers, peppers, ranch dip/hummus & 100% berry juice	WW cheerios, milk & banana Meatloaf, peas, mashed potatoes, biscuit & milk Bagels, cream cheese/PB & milk	Waffles, blueberries, milk Baked tilapia, baked potato, broccoli, WW bread & butter & milk fresh mixed fruit & garlic toast

**All milk is Skim milk or low fat. Whole milk for children under 2 yrs. Water is served if no beverage is listed. Seasonal fruit & veggies are substituted for those listed on menu. HM= Home made WW= Whole wheat