Monday	Tuesday	Wednesday	Thursday	Friday
Seasonal Fruit 1 c Grain 2 oz Whole Grain Rice Krisp 2 oz Milk 8 oz	Seasonal Fruit 1 c WG Waffles 1 oz Milk 8 oz	Seasonal Fruit 1 c Whole Grain Bagles 1 oz Milk 8 oz	Seasonal Fruit 1 c W.G L.S Cinnamon Cereal Milk 8 oz	Seasonal Fruit 1 c Whole Grain Frosted Flake: Milk 8 oz
Corn Dog 2 oz Breading 2 oz gr eq Seasonal Fruit 1 c Hash Browns 3/4 c Sliced Cucumbers 1/2 c Milk 8 oz	Chicken patty (3 oz eq) Hamburger Bun 2 oz. Fresh Seasonal Fruit 1 c Butternut Squash 1/2 c Roasted Red Potato 3/4 c Milk 8 oz	W G Spaghetti 3 oz Meat Sauce 2oz Green Peas 1/2 c Mashed Potato 3/4 c Fresh Seasonal Fruit 1 c Milk 8 oz	Breaded Fish Patty 3 oz W/G Hamburger Bun 2 oz. Seasonal Fruit 1 c Black Beans 3/4c Salad Mix 1/2 c Milk 8 oz.	Pizza 2 oz mt eq
Seasonal Fruit 1 c WG Waffles 1 oz Milk 8 oz	Seasonal Fruit 1 c Frittata 1 (2 oz eq) Milk 8 oz	Seasonal Fruit 1 c WG Blueberry Muffins 1 Milk 8 oz	Seasonal Fruit 1 c Whole Grain Bagles 1 oz Milk 8 oz	Seasonal Fruit 1 c Whole Grain Pancakes 2 oz Milk 8 oz
Meatball Sub 3 oz W/G Hotdog Bun 2 oz. Seasonal Fruit 1 c Mashed Potato 1/2 c Salad Mix 1/2 c Milk 8 oz.	Beef Ravioli 3 oz W/G Dinner Roll (2) Mixed Fruit 1/2 c Raw Broccoli 3/4 c Salad Mix 1/2 c Milk 8 oz	Hot Dog 2 oz W/G Hot dog Bun 2 oz. Seasonal Fruit 1 c Roasted Red Potato 3/4 c Salad Mix 1/2 c Milk 8 oz.	Chicken In Gravy 3 oz Soft Roll 1 oz Fresh Seasonal Fruit 1 c Green Peas 1/2 c Raw Baby Carrots 3/4 c Milk 8 oz.	Pizza 2 oz mt eq (Crust) Grain 2 oz Fresh Seasonal Fruit 1 c Salad Mix 1/2 c Corn 1/2 c Milk 8 oz.
Seasonal Fruit 1 c Frittata 1 (2 oz eq) Milk 8 oz	Seasonal Fruit 1 c WG Corn Muffins 1 oz Milk 8 oz	Seasonal Fruit 1 c WG Waffles 1 oz Milk 8 oz	28 Seasonal Fruit 1 c Grain 2 oz WG Rice Krisp 2 oz Milk 8 oz	Seasonal Fruit 1 c WG Blueberry Muffins 102 Milk 8 oz
Beef Ravioli 3 oz W/G Dinner Roll (2) Mixed Fruit 1/2 c Broccoli 3/4 c Salad Mix 1/2 c Milk 8 oz	Chicken patty (3 oz eq) Hamburger Bun 2 oz. Fresh Seasonal Fruit 1 c Butternut Squash 1/2 c Hash Browns 1/2 c Milk 8 oz	BBQ Pork Sandwich 3 oz Hamburger Bun 2 oz. Seasonal Fruit 1 c Peas/Carrots 3/4 c Sliced Cucumbers 1/2 c Milk 8 oz.	Corn Dog 2 oz Breading 2 oz gr eq Seasonal Fruit 1 c Roasted Red Potato 3/4 c Sliced Cucumbers 1/2 c Milk 8 oz	Pizza 2 oz mt eq (Crust) Grain 2 oz Fresh Seasonal Fruit 1 c Salad Mix 1/2 c Steamed Broccoli 1/2 c Milk 8 oz.