

_											
	Monday		Tuesday			Wednesday		Thursday			Friday
							1 E	Thursday , French Toast- WGR (1 oz	2] B:	<u>Friday</u> Yogurt - Low Sugar,,,
								eq/28g)(WG),, Peaches /		<u>.</u>	Pineapple, Lowfat Milk - 1%
								Nectarines, Lowfat Milk - 1% Thursday	1		Friday
							A:	, Cheese-Its (WG 1oz eq/22gm)	A:		-, Animal Crackers-WG
								(WG),,, Lowfat Milk - 1%			(1oz/28g)(WG), -,, Lowfat Milk - 1%
											176
							L:	Chicken Breasts, Brown Rice,	L:		Chicken Breasts, Pasta Misc
								WG (1oz eq/28 gm/1/2c)(WG), Broccoli, Mixed Fruit, Lowfat Milk -			(WG 1oz eq/28gm/ 1/2c)(WG), Spinach, Mixed Fruit, Lowfat Milk -
								1%			1%
							D:	Beef Ground, Pasta Misc (WG	D:		Beef Ground, Rolls -
								1oz eq/28gm/ 1/2c)(WG), Mixed Vegetables, Mixed Fruit, Lowfat Milk			Wheat(WG), Mixed Vegetables, Mixed Fruit, Lowfat Milk - 1%
								- 1%			Wilked Ffult, Lowlat Wilk - 176
5	Monday	6	Tuesday	7]	Wednesday	8	Thursday	9]	Friday
B:	, Oat Flakes(WG),, Bananas, Lowfat Milk - 1%	B:	 , Pancakes - WGR (1oz/34g) (WG), -, Peaches / Nectarines, 		B:	–, Oatmeal / Oats (Plain)1oz/28g, 1/2c(WG), –, Fruit Cocktail	_ E			B:	Yogurt - Low Sugar,, –, Pineapple, Lowfat Milk - 1%
			Lowfat Milk - 1%			(no syrup), Lowfat Milk - 1%		Nectarines, Lowfat Milk - 1%	1		
A :	Tuesday, Goldfish-WG (1oz eq/22g)	A :	Tuesday, Goldfish-WG (1oz eq/22g)	A:		Wednesday, Graham Crackers-WG (1oz	A :	Thursday , Cheese-Its (WG 1oz eg/22gm)	A:		Friday –, Animal Crackers-WG
7.	(WG),,, Lowfat Milk - 1%	7.	(WG),,, Lowfat Milk - 1%	_		eq/28gm)(WG),,, Lowfat Milk -	7.	(WG),,, Lowfat Milk - 1%			(1oz/28g)(WG), -,, Lowfat Milk -
						1%					1%
L:	Cheddar Cheese, Brown Rice,	L:	Beef Ground, Tortilla Chips -	L:		Tuna Salad, Bread - Whole	L:	Beef Ground, Pasta Misc (WG	L:		Chicken Legs, Rolls-100%
	WG (1oz eq/28 gm/1/2c)(WG), Broccoli, Mixed Fruit, Lowfat Milk -		WGR (1 oz/28g)(WG), Garden Salad, Tropical Fruit Juice-once per day,		-	Grain (WG)(WG), Onions / Onion Rings, Oranges / Tangerines /		1oz eq/28gm/ 1/2c)(WG), Mixed Vegetables, Mixed Fruit, Lowfat Milk	_		Whole Wheat(WG), Potatoes, fresh, all sizes, Peaches / Nectarines,
	1% Broccoli Cheddar Casserole		Lowfat Milk - 1%			Tangelos, Lowfat Milk - 1%		- 1%	1		Lowfat Milk - 1%
	Brooker Greddal Gasserole		raco parad			ruria Salau		Baked Spaghetti	_		Daked CHICKEH
D:	Cheddar Cheese, Pasta Misc (WG 1oz eq/28gm/ 1/2c)(WG),	D:	Chicken Ground, Brown Rice, WG (1oz/28g)(WG), Salsa, Tropical	D:		Beef Ground, Pasta Misc (WG 1oz eq/28gm/ 1/2c)(WG), Mixed	D:	Chicken Breasts, Biscuit - WGR(WG), Mixed Vegetables, Mixed	D:		Chuck Roast, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Carrots,
	Mixed Vegetables, Mixed Fruit,		Fruit Juice-once per day, Lowfat Milk			Vegetables, Oranges / Tangerines /		Fruit, Lowfat Milk - 1%	,		Peaches / Nectarines, Lowfat Milk -
	Lowfat Milk - 1% Tomato Basil pasta		- 1% Taco Bake			Tangelos, Lowfat Milk - 1% Chili Mac		Chicken Pot Pie			1% Curry Beef
12	Monday	13	Tuesday	14		Wednesday	15	Thursday	16		Friday
B:	, Oat Flakes(WG),, Bananas, Lowfat Milk - 1%	B:	, Pancakes - WGR (1oz/34g) (WG), –, Peaches / Nectarines,		B:	-, Oatmeal / Oats (Plain) 1oz/28q, 1/2c(WG),, Fruit Cocktail	В	,		B:	Yogurt - Low Sugar,,, Pineapple, Lowfat Milk - 1%
	Dananas, Lowiet Wilk - 170		Lowfat Milk - 1%			(no syrup), Lowfat Milk - 1%		Nectarines, Lowfat Milk - 1%			
Δ.	Tuesday	Λ.	Tuesday	Λ.	_	Wednesday	Δ.	Thursday	Δ.		Friday
A:	, Goldfish-WG (1oz eq/22g) (WG),,, Lowfat Milk - 1%	A:	, Goldfish-WG (1oz eq/22g) (WG),,, Lowfat Milk - 1%	A.		, Graham Crackers-WG (1oz eq/28gm)(WG),,, Lowfat Milk -	A:	, Cheese-Its (WG 1oz eq/22gm) (WG),,, Lowfat Milk - 1%	A:		-, Animal Crackers-WG (1oz/28g)(WG), -,, Lowfat Milk -
						1%					1%
L:	Mozzarella Cheese,	L:	Chicken Thighs, Pasta Misc (WG	L:		Chicken Breasts, Brown Rice,	L:	Beef Ground, Rolls-WGR(WG),	L:		Turkey Breast, Flour Tortillas
	Rolls-100% Whole Wheat(WG),		1oz eq/28gm/ 1/2c)(WG), Salsa,			WG (1oz eq/28 gm/1/2c)(WG), Mixed Vegetables, Peaches / Nectarines,		Mashed Potatoes (100% potatoes),		-	(1oz eq/28g)(WG), Lettuce And Tomato, Grape Juice-Once Per Day,
	Garden Salad, Oranges / Tangerines / Tangelos, Lowfat Milk		Applesauce, Lowfat Milk - 1%			vegetables, Peaches / Nectannes, Lowfat Milk - 1%		Mixed Fruit, Lowfat Milk - 1%			Lowfat Milk - 1%
	- 1% Spring Salad		Southwest Pasta			Sweet & Sour Chicken		Meatloaf			Turkey Wraps
D:	Cheddar Cheese, Pasta Misc (WG 1oz eq/28gm/ 1/2c)(WG),	D:	Chuck Roast, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Peppers,	D:		Chicken Ground, Combread/Com Muffin - WGR	D:	Chicken Breasts, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG),	D:		Chuck Roast, Pasta Misc (WG 1oz eq/28gm/ 1/2c)(WG), Peas and
	Mixed Vegetables, Oranges /		Green, Applesauce, Lowfat Milk - 1%			(1oz/34g)(WG), Chili Beans, Peaches		Broccoli, Mixed Fruit, Lowfat Milk -		(Carrots, Grape Juice-Once Per Day,
	Tangerines / Tangelos, Lowfat Milk - 1%					/ Nectarines, Lowfat Milk - 1%		1%			Lowfat Milk - 1%
19	Tom Basil Pasta Monday	20	Tex Mex Beef Tuesday	21		Chili Wednesday	22	Broc Cheddar casserole Thursday	23		Beef Stroganoff Friday
B:	, Oat Flakes(WG),,	B:	, Pancakes - WGR (1oz/34g)		B:	-, Oatmeal / Oats (Plain)	В	, French Toast- WGR (1 oz		B:	Yogurt - Low Sugar,,,
_	Bananas, Lowfat Milk - 1%		(WG), –, Peaches / Nectarines, Lowfat Milk - 1%		_	1oz/28g, 1/2c(WG),, Fruit Cocktail (no syrup), Lowfat Milk - 1%	_	eq/28g)(WG),, Peaches / Nectarines, Lowfat Milk - 1%		_	Pineapple, Lowfat Milk - 1%
	<u>Tuesday</u>		<u>Tuesday</u>			Wednesday		Thursday			<u>Friday</u>
A:	, Goldfish-WG (1oz eq/22g) (WG),,, Lowfat Milk - 1%	A:	, Goldfish-WG (1oz eq/22g) (WG),,, Lowfat Milk - 1%	A:		, Graham Crackers-WG (1oz eq/28gm)(WG),,, Lowfat Milk -	A:	, Cheese-Its (WG 1oz eq/22gm) (WG),,, Lowfat Milk - 1%	A:		-, Animal Crackers-WG
	(1703),,, LOWIAC WIIK - 1%		(vvo),,, Lowiat ivilik - 1%			эцггодинд үүгэ <i>),,,</i> Lowiat iviiik - 1%		(wo),,, Lowiat Milk - 1%			(1oz/28g)(WG), –,, Lowfat Milk - 1%
 -	Cheddar Cheese, Pasta Misc	L:	Beef Ground, Brown Rice, WG	L:	_	Beef Ground, Pasta Misc (WG	L:	Chicken Breasts,	L:		Beef Ground, Pasta Misc (WG
L:	(WG 1oz eq/28gm/ 1/2c)(WG),	L.	(1oz/28g)(WG), Salsa, Pineapple,	L.		1oz eq/28gm/ 1/2c)(WG), Tomato	-	Rolls-WGR(WG), Garden Salad,			1oz eq/28gm/ 1/2c)(WG), Mixed
	Mixed Vegetables, Applesauce, Lowfat Milk - 1%		Lowfat Milk - 1%			Sauce / Paste, Mixed Fruit, Lowfat Milk - 1%		Oranges / Tangerines / Tangelos, Lowfat Milk - 1%		,	Vegetables, Mixed Fruit, Lowfat Milk - 1%
	Mac & Cheese		Taco Bake			Lasagna		Garden Salad			Cheeseburger Pasta
D:	Chickpeas/Hummus, Brown	D:	Chicken Breasts, Corn Tortillas	D:	_	Salisbury Steak, Rolls -	D:	Chuck Roast, Pasta Misc (WG	D:		Chicken Legs, Rolls-100%
	Rice, WG (1oz eq/28 gm/1/2c)		(1oz/28g)(WG), Lettuce And Tomato, Pineapple, Lowfat Milk - 1%		١	Wheat(WG), Mashed Potatoes (100% potatoes), Mixed Fruit, Lowfat Milk -		1oz eq/28gm/ 1/2c)(WG), Peas and Carrots, Oranges / Tangerines /			Whole Wheat(WG), Mashed Potatoes (100% potatoes), Mixed
	(WG), Carrots, fresh, Applesauce, Lowfat Milk - 1%		Filleappie, Lowiat Wilk - 170			potatoes), Mixed Fruit, Lowiat Milk - 1%		Tangelos, Lowfat Milk - 1%			Fruit, Lowfat Milk - 1%
26	Curry Vegetables	27	Chicken Tacos Tuesday	28	l	Salisbury Wednesday	29	Beef Stew Thursday	30		Baked Chicken Friday
B:	Monday , Oat Flakes(WG),,	B:	<u>ruesday</u> , Pancakes - WGR (1oz/34g)	20	B:	-, Oatmeal / Oats (Plain)	29 B		30	B:	<u>Friday</u> Yogurt - Low Sugar,, -,
	Bananas, Lowfat Milk - 1%		(WG), -, Peaches / Nectarines,			1oz/28g, 1/2c(WG),, Fruit Cocktail	-	eq/28g)(WG),, Peaches /			Pineapple, Lowfat Milk - 1%
	<u>Tuesday</u>		Lowfat Milk - 1% <u>Tuesday</u>			(no syrup), Lowfat Milk - 1% Wednesday		Nectarines, Lowfat Milk - 1% Thursday			<u>Friday</u>
A:		A:	, Goldfish-WG (1oz eq/22g)	A:		, Graham Crackers-WG (1oz	A:	, Cheese-Its (WG 1oz eq/22gm)	A:		–, Animal Crackers-WG
	(WG),,, Lowfat Milk - 1%		(WG),,, Lowfat Milk - 1%			eq/28gm)(WG),,, Lowfat Milk - 1%		(WG),,, Lowfat Milk - 1%			(1oz/28g)(WG), -,, Lowfat Milk - 1%
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L:	Cheddar Cheese, Flour Tortillas (1oz eq/28g)(WG), Mixed	L:	Chicken Breasts, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG),	L:		Chicken Breasts, Rolls-100% Whole Wheat(WG), Garden Salad,	L:	Chicken Ground, Combread/Com Muffin - WGR	_L:		Chuck Roast, Brown Rice, WG (1oz eq/28 gm/1/2c)(WG), Mixed
	Vegetables, 100% Apple Juice /		Onions / Onion Rings, Peaches / Nectarines, Lowfat Milk - 1%			Applesauce, Lowfat Milk - 1%		(1oz/34g)(WG), Mixed Vegetables, Mixed Fruit, Lowfat Milk - 1%			Vegetables, Mandarin Oranges, #10
	Blend, Lowfat Milk - 1% Veggie Wraps		Nectarines, Lowfat Milk - 1% Arroz Con Polo			Salad		Mixed Fruit, Lowfat Milk - 1% Chili			can, Lowfat Milk - 1% Beef fried rice
D.	Cheddar Cheese, Pasta Misc	D:	Beef Ground, Pasta Misc (WG	D:		Pot Roast, Brown Rice, WG (1oz	D:	Beef Ground, Pasta Misc (WG	D:		Beef Ground, Buns - Whole
D:	(WG 1oz eq/28gm/ 1/2c)(WG),	J.	1oz eq/28gm/ 1/2c)(WG), Peppers,	٥.	1	eq/28 gm/1/2c)(WG), Peppers,	J.	1oz eq/28gm/ 1/2c)(WG), Tomato	J.		Grain (1oz/28g)(WG), Mixed
	Mixed Vegetables, Apple Juice 100%-Once Per Day, Lowfat Milk -		Green, Peaches / Nectarines, Lowfat Milk - 1%			Green, Applesauce, Lowfat Milk - 1%		Sauce / Paste, Mixed Fruit, Lowfat Milk - 1%			Vegetables, Mandarin Oranges, Lowfat Milk - 1%
	1% Mac & Cheese		Southwest Pasta			Pepper Steak		Tom Basil Pasta			Sloppy Joes
								and a second			112