

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|---|--|--|---|
| 1 B-Waffles, Pears, Milk L- Hotdogs w/ whole wheat bun, Baked beans, Peaches, Milk S- Whole grain Goldfish, Milk   | 2 B- Rice Krispies, Orange juice, Milk L- Roast beef, Swiss cheese, Whole wheat bread, Brussel sprouts, Mandarin oranges, Milk S- Animal crackers, Milk             | 3<br>B- Yogurt w/ granola, Diced<br>strawberries, Milk<br>L- BBQ chicken, Lima beans,<br>Apricots, Whole wheat roll, Milk<br>S- Strawberry Mini wheats, Milk | 4 B- Cinnamon Life, Pineapple, Milk L- Red beans & rice, Applesauce, Milk S- Sliced green grapes, Milk   | 5 B- Fruity oatmeal, Milk L- Tuna salad w/ whole wheat pita, Sliced cucumbers, Banana, Milk S- Mini bagel w/ honey, Milk  |
| 8 B- Cispix, Pineapple, Milk L- Spaghetti w/ meat sauce, Broccoli, Diced Mango, Milk S- Raspberry yogurt, Cheerios, Water                                | 9 B- French toast bagel w/ cream cheese, Pear juice, Milk L- Turkey, American cheese slice, Diced beets, Apricots, Wheat Thins, Milk S- Cheddar Chex Mix, Milk      | 10 B- Chipped beef gravy w/ toast, Pears, Milk L- Chicken & cheese nachos, Black beans, Mandarin oranges, Milk S- Banana, Milk                               | B- Kix, Peaches, Milk L- Mini meatloaf patties, Green beans, Applesauce, Whole wheat roll, Milk S- Raisins, Pretzels, Water  | B- Pancakes, Baked apples, Milk<br>L- Egg salad w/ whole wheat<br>crackers, Sliced peppers,<br>Cherries, Milk<br>S- Blueberry muffin, Apple juice                                 |
| B- Honey Bunches of Oats,<br>Apricots, Milk<br>L- Whole grain cheese<br>breadsticks w/ marinara, Tossed<br>salad, Pears, Milk<br>S-Teddy Grahams, Milk   | 16 B- Blueberry English muffin w/ butter, Peaches, Milk L- Ham, Swiss cheese slice, Diced carrots, Raspberries, Triscuits, Milk S- Apple cinnamon rice cakes, Milk  | B- Peachy Oatmeal Bake, Milk L- Fish filet w/ whole wheat bun, Corn, Pineapple, Milk S- Orange slices, Saltine crackers, Water                               | B- Western fritatta, Mandarin oranges, Milk L- Soft shell tacos w/ meat, lettuce, cheese & tomatoes, Black beans, Applesauce, Milk S- Cheese cubes, Wheat Thins, Water | B- Banana Blueberry Cheerios,<br>Cranberry juice, Milk<br>L- Chicken salad w/ whole wheat<br>Ritz crackers, Cauliflower w/ dip,<br>Apple slices, Milk<br>S- Graham crackers, Milk |
| B- Plain bagel w/ strawberry<br>cream cheese, Pineapple juice,<br>Milk<br>L- Cheese pizza, Lima beans,<br>Mandarin oranges, Milk<br>S- Cheese Nips, Milk | B- Breakfast pizza, Peaches, Milk<br>L- Roast beef, American cheese<br>slice, Whole wheat bread, Sweet<br>potatoes, Pineapple, Milk<br>S- Pita chips, Hummus, Water | B- Rice Chex, Applesauce, Milk<br>L- Sloppy Joe's with whole wheat<br>bun, Green beans, Banana, Milk<br>S- Sunchips, Milk                                    | B- French toast, Pears, Milk L- Grilled cheese, Baby carrots, Blackberries, Milk S- Frosted Mini Wheats, Milk  | B- Sausage biscuit, Apricots, Milk L- Chef salad w/ ham, cucumbers, tomatoes & cheese, Diced mango, Whole wheat crackers, Milk S- Tortilla chips w/ salsa, Milk                   |
| 29 B- French toast sticks, Peaches, Milk L- Scrambled eggs, Tator tots, Mini bagel, Diced strawberries, Milk S- Chicken in a Biscuit crackers, Milk      | 30 B- Oatmeal Squares cereal, White grape peach juice, Milk L- Turkey, Swiss cheese, Wheat Thins, Black eyed peas, Pears, Milk S- Strawberry yogurt Chex mix, Milk  |  |  |   |

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