



2019

2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1. <b>Breakfast</b> Milk Yogurt Sliced Strawberries Granola <b>Lunch</b> Breaded Fish Potato Soup Black Eyed Peas Milk  <b>Snack</b> Cheese Square Whole Grain Wheat Thins</p> <p>Week 3</p>	<p>2. <b>Breakfast</b> Milk Scrambled Eggs WG English Muffin Pears <b>Lunch</b> WG Spaghetti and Meatballs Steamed Zucchini Sweet Potato Fries Milk <b>Snack</b> Apple Sauce Rice cake</p>	<p>3. <b>Breakfast</b> Milk Cold Cereal Sliced Banana  Lunch Stir Fry with Brown Rice Peaches Peas and Carrots Milk <b>Snack</b> Fruit and Yogurt Parfait</p>	<p>4. <b>Breakfast</b> Milk WG French Toast Tangerines Syrup <b>Lunch</b> WG Mac and Cheese with Ham Applesauce Creamed Spinach Milk <b>Snack</b> Whole Grain breadstick with Marinara 100% Fruit Juice</p>	<p>5.</p> 
<p>8. <b>Breakfast</b> Milk WG Waffles Pears Syrup <b>Lunch</b> Chicken Enchilada Casserole Refried Beans Pineapple Milk  <b>Snack</b> Cheese Square Whole Grain Wheat Thins</p> <p>Week 4</p>	<p>9. <b>Breakfast</b> Milk Scrambled Eggs Cinnamon Toast Peaches  <b>Lunch</b> Meatloaf WG dinner Roll Mashed Potatoes Mandarin Oranges Milk  <b>Snack</b> Apple Sauce Rice cake</p>	<p>10. <b>Breakfast</b> Milk WG Biscuit Turkey Sausage Sliced banana <b>Lunch</b> Baked Turkey Breast WG Dinner Roll Canned Greens Steamed Squash Milk  <b>Snack</b> Fruit and Yogurt Parfait</p>	<p>11. <b>Breakfast</b> Milk Egg and Cheese Burrito Applesauce <b>Lunch</b> Breaded Fish Green Beans Blueberries Milk  <b>Snack</b> Whole Grain breadstick with Marinara 100% Fruit Juice</p>	<p>12. <b>Breakfast</b> Milk Dry Cereal Strawberries  <b>Lunch</b> WG Chicken Spaghetti Roasted Baby Carrots Steamed Broccoli Milk  <b>Snack</b> Slice Banana Whole Grain Goldfish</p>

<p>15. <b><u>Breakfast</u></b> Milk WG Pancakes Cinnamon Applesauce Syrup <b><u>Lunch</u></b> WG Spaghetti and Meatballs Green Beans Peaches Milk  <b><u>Snack</u></b> Cheese Square Whole Grain Wheat Thins  Week 5</p>	<p>16. <b><u>Breakfast</u></b> Milk Scrambled Eggs WG English Muffin Apricots <b><u>Lunch</u></b> Hot Ham and Cheese Sandwich Steamed Zucchini Tomato Soup Milk  <b><u>Snack</u></b> Apple Sauce Rice cake</p>	<p>17. <b><u>Breakfast</u></b> Milk Oatmeal Pears <b><u>Lunch</u></b> Beef and Bean Chili Corn Steamed Spinach Crackers Milk  <b><u>Snack</u></b> Fruit and Yogurt Parfait</p>	<p>18. <b><u>Breakfast</u></b> Milk Cereal Sliced Banana <b><u>Lunch</u></b> Crispy Backed Chicken Lettuce Tomato Salad Pineapple WG Mac and Cheese Milk  <b><u>Snack</u></b> Whole Grain breadstick with Marinara 100% Fruit Juice</p>	<p>19.</p> 
<p>22.</p>  <p>Week 1</p>	<p>23. <b><u>Breakfast</u></b> Milk Dry Cereal Pineapple  <b><u>Lunch</u></b> WG Mac and Cheese with Ham Blueberries Corn Milk  <b><u>Snack</u></b> Apple Sauce Rice cake</p>	<p>24 <b><u>Breakfast</u></b> Milk WG French Toast Sliced Strawberries  <b><u>Lunch</u></b> Stir Fry with Brown Rice Peas and Carrots Pears Milk  <b><u>Snack</u></b> Fruit and Yogurt Parfait</p>	<p>25 <b><u>Breakfast</u></b> Milk Scrambled Eggs Cinnamon Toast Sliced Bananas  <b><u>Lunch</u></b> Meat Loaf WG Dinner Roll Mashed Potatoes Vegetable Medley Milk  <b><u>Snack</u></b> Whole Grain breadstick with Marinara 100% Fruit Juice</p>	<p>26. <b><u>Breakfast</u></b> Milk WG Waffles Tangerines <b><u>Lunch</u></b> WG Chicken Spaghetti Steamed Broccoli Sweet Potatoes Fries Milk  <b><u>Snack</u></b> Slice Banana Whole Grain Goldfish</p>

<p>29. <b><u>Breakfast</u></b>  Milk  Whole Grain Pancakes  Syrup  Mondrian Oranges</p> <p><b><u>Lunch</u></b>  Hot Ham and Cheese  Sandwiches  Tomato Soup  Sautéed Cabbage  Milk</p> <p><b><u>Snack</u></b>  Cheese Square  Whole Grain Wheat  Thins</p> <p>Week2</p>	<p>30. <b><u>Breakfast</u></b>  Milk  Egg and Cheese  Burrito  Apricots</p> <p><b><u>Lunch</u></b>  Crispy Baked Chicken  Canned Greens  Peaches  Whole Grain Mac and  Cheese  Milk</p> <p><b><u>Snack</u></b>  Apple Sauce  Rice cake</p>			