

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1	2
				3/8 c Beef Picadillo [T] ¼ c WG Rice (½ oz Grain) ¼ c Broccoli w Creamy Italian Dip [S][C] ¼ c Pears ¼ c Milk [D]  <i>Veg: 1 Lasagna Roll - Up [D][E][T][G][C]</i>	1 Cheese Manicotti [D][E][G][C](2.75oz) w Tomato Basil [T] ¼ c Romaine Salad w Ranch [D][E][G] ¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ¼ c Milk [D]  <i>Veg: Same</i>
		<u>Mediterranean Cold Lunches</u>			<u>Make Your Own Burrito</u>
	5	6	7	8	9
	3 Meatballs(1.5 oz) [D][T][G][S] w Marinara Sauce [T] ¼ c WG Penne (½ oz) [G] PC Parmesan Cheese [D] ¼ c Steamed Baby Carrots w Veggie Dip [D][E][S] ½ Apple ¼ c Milk [D]  <i>Veg: 3 Veggie Meatballs [D][G][S]</i>	¼ c Seasoned Chicken Strips (2 oz) ½ WG Pita (1 oz) [G][S][E] 1 Tbsp Hummus [SE] ¼ c Petite Broccoli w Italian [S][C] ¼ c Tropical Fruit Salad ¼ c Milk [D]  <i>Veg: 3/8 c Chickpeas</i>	½ c Beef & Bean Chili [T][C] <i>2 oz meat/meat alternate</i> 1 oz Cornbread [D][E][G][S][C] ½ c Romaine with Ranch [D][E][G] 2 Orange Wedges ¼ c Milk [D]  <i>Veg: Vegetarian Chili [D][T][G]</i>	3 oz WG Fish Fillet [D][G][C][F] (1.5 oz M/MA) ¼ c Bolivian Rice (½ oz Grain) [D] ¼ c Spinach Salad w Italian [S][C] ¼ c Honeydew EHS Diced ¼ c Milk [D]  <i>Veg: 6 oz Yogurt [D]</i>	¼ c Taco Meat [T][S] & 1/8 c Monterrey Cheese [D] 1-6 in WW Tortilla (1 oz) [G][S] PC Mild Salsa [T] ¼ c Shredded Lettuce ¼ c Watermelon ¼ c Milk [D]  <i>Veg: Black Beans &amp; 1/8 c Monterrey Cheese [D]</i>
	<u>Italian</u>			<u>Make Your Own Taco</u>	
	12	13	14	15	16
	2 Chicken Tenders 2 oz [G][S][C] PC Marinara Sauce [T] 1 WG Breadstick (1.2 oz) [G][S][E] ¼ c Steamed Baby Carrots ½ Apple ¼ c Milk [D]  <i>Veg: 2 Chix Tenders [E][G][S][C]</i>	½ c Beef & Macaroni Pasta Bake #8 [G][T] <i>• 2 oz beef, ¼ c WG noodles(1.3 oz)</i> ¼ c Broccoli w Ranch [D][E][G] ¼ c Pineapple ¼ c Milk [D]  <i>Veg: ½ c Cheesy Macaroni Pasta Bake [D][G][T] w 1 Mozzarella Cheese Stick [D]</i>	2 oz Oven Fried Chicken Leg [G][S] 1 oz WG Corn Muffin [E][G][S][C] ¼ c Cole Slaw [E][S][C] ¼ c Honeydew EHS Diced ¼ c Milk [D]  <i>Veg: 3 Chickenless Sub Nuggets [E][G][S][C] w Ketchup [C]</i>	¼ c Beef Taco Meat (1.5 oz meat) [T] 1 Tbsp Shredded Cheddar Cheese [D] 1oz Hard WG Taco Shell [C] EHS 1 oz WG Tortilla [G][S] ¼ c Shredded Lettuce PC Salsa [T] ½ Banana ¼ c Milk [D] <i>Veg: ½ c Black Beans [T]</i>	¼ c Macaroni & Cheese [D][E][G][S][C] <i>• ¼ oz Cheese; ¼ c WG Noodles</i> 3/8 c Vegetarian Baked Beans [C] ¼ c Spinach Salad w Italian [S][C] ¼ c Peaches ¼ c Milk [D]  <i>Veg: Same</i>
	<u>Make Your Own Wrap</u>			<u>Asian</u>	<u>Make Your Own Pizza</u>
	19	20	21	22	23
	1 oz Turkey (2 Slices) 2 Tbsp Hummus [SE] ½ oz Slider Cheddar Cheese [D] 1 WG Flour Tortilla (1 oz) [G][S] ¼ c Spinach Salad w Italian [S][C] ¼ c Pears ¼ c Milk [D]  <i>Veg: ½ Veggie Wrap (1 ½ oz Fresh Mozzarella [D] and ½ oz Hummus Flour tortilla [G][S])</i>	1 Chicken Patty [G][S][C] 1 WG Bun (1.8 oz) [G][S] ¼ c Green Beans [D] ¼ c Tropical Fruit Salad ¼ c Milk [D]  <i>Veg: Black Bean Patty* Gardenburger [G][S][C]</i>	2 oz Meatloaf [D][E][T][S][C] 1 WG Corn Muffin (1 oz) [E][G][S][C] ¼ c Cheesy Mashed Potatoes [D] ¼ c Honeydew EHS Diced ¼ c Milk [D]  <i>Veg: Black Bean Patty* Gardenburger [G][S][C]</i>	¼ c Honey Glazed Chicken (1.5 oz meat) #16 [G][S] ¼ c Brown WG Rice (½ oz grain) ¼ c Broccoli w Ranch [D][E][G] ¼ c Mandarin Oranges ¼ c Milk [D]  <i>Veg: 3 Honey Glazed Chickenless Nuggets* [E][G][S][C]</i>	½ WW English Muffin [D][E][S] 1 oz 2 TBSP Shredded Mozzarella Cheese [D] 1 oz String Cheese [D] ¼ c Marinara Sauce [T] (Hot) ¼ c Spinach Salad w Italian [S][C] ¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ¼ c Milk [D]  <i>Veg: Same</i>
	26	27	28	29	30
	2 oz Oven Fried Chicken Leg [G][S] 1 WG Wheat Roll [G][S][C] (1 oz) ¼ c Glazed Carrots [D][CN][S] ¼ c Apple Slices (2-3) ¼ c Milk [D]  <i>Veg: 3 Chicken Sub Nuggets [E][G][S][C]*</i>	2 oz CN Hamburger Patty [S][C] 1 WG Bun (1.8 oz) [G][S] ¼ c Spinach Salad w Ranch [D][E][G] ¼ c Cantaloupe ¼ c Milk [D]  <i>Veg: Vegetarian Black Bean Burger* Gardenburger [G][S][C]</i>	¼ c Macaroni & Cheese [D][E][G][S][C] <i>• ¼ oz Cheese; ¼ c WG Noodles</i> ¼ c Cole Slaw [E][S][C] 2 Orange Wedges ¼ c Milk [D]  <i>Veg: Same</i>	3/8 c Beef Picadillo [T] ¼ c WG Rice (½ oz Grain) ¼ c Broccoli w Creamy Italian Dip [S][C] ¼ c Pears ¼ c Milk [D]  <i>Veg: 1 Lasagna Roll - Up [D][E][T][G][C]</i>	1 Cheese Manicotti [D][E][G][C](2.75oz) w Tomato Basil [T] ¼ c Romaine Salad w Ranch [D][E][G] ¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ¼ c Milk [D]  <i>Veg: Same</i>

LUNCH