

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