

## MONDAY

## TUESDAY


## WEDNESDAY

## THURSDAY

## FRIDAY

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Breakfast and Lunch include a choice of NonFat Assorted milk or 1% White Milk

7	<b>MEAL REQUIREMENTS</b> <b>Must select at least 3 of the 5 offered components:</b> Meat/Meat Alternative; Grain; Veggie; Fruit; Milk <b>ONE SELECTION MUST BE A 1/2 CUP OF FRUIT OR VEGGIE!</b> 	9	10	11
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Welcome Back!  
We Missed You!

Must select at least 3 of the 5 offered components:  
Meat/Meat Alternative;  
Grain; Veggie; Fruit; Milk  
ONE SELECTION MUST BE A 1/2 CUP OF FRUIT OR VEGGIE!



Breakfast:  
Assorted Yogurt  
Scooby Snacks  
Fruit  
  
Lunch:  
Corn Dog or  
Teriyaki Burger  
Assorted Vegetable  
Daily Fruit

Breakfast:  
Sausage Patty w/ Rice  
Fruit & Juice  
  
Lunch:  
Chicken Burger or  
Spicy Chicken Burger  
Daily Vegetable  
Assorted Fruit

Breakfast:  
Assorted Muffins  
Fruit  
  
Lunch:  
Cheese Pizza or  
Deli Sandwich  
Vegetable of the Day  
Assorted Fruit

Daily Third Entree is a composed Salad; a complete meal with whole grains and Protein

14	15	16	17	18
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Breakfast:  
Benefit Bar  
Fruit

Lunch:  
Cheese Burger or  
Cheesy Breadsticks w/ Marinara  
Vegetable of the Day  
Assorted Fruit

Breakfast:  
Biscuit Breakfast Sandwich  
Fruit, Juice

Lunch:  
Pork Tacos or  
Beef Tacos  
Pinto Beans  
Assorted Fruit

Breakfast:  
Frudel  
Fruit  
  
Lunch:  
Salisbury Steak or  
Genera Tso's Chicken  
Rice  
Daily Vegetable  
Assorted Fruit

Breakfast:  
Assorted Cereal  
Fruit, Juice  
  
Lunch:  
Bistek or  
Chicken Drumstick  
Rice  
Daily Vegetable  
Assorted Fruit

Breakfast:  
French Toast Sticks w/ Syrup  
Fruit  
  
Lunch:  
Breaded Fish Sandwich or  
Ham & Cheese Sandwich  
Daily Vegetable, Assorted Fruit

Our weekly vegetable servings include a variety from different subgroups

21	22	23	24	25
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Breakfast  
Cereal Bar  
Assorted Fruit

Lunch  
Hot dog or  
Chili Dog  
Daily Vegetable  
Assorted Fruit

Breakfast:  
Sausage Biscuit w/ Cheese  
Fruit & Juice

Lunch  
Beef Tacos or  
Pork Tacos  
Black Beans  
Assorted Fruit

Breakfast:  
Breakfast Pizza  
Fruit

Lunch  
Orange Chicken w/ Rice  
or Sloppy Joe  
Daily Vegetable  
Assorted Fruit

Breakfast:  
Mini Pancakes  
Fruit & Juice

Lunch:  
Eggless Loco Moco w/ Rice or  
Corn Dog  
Daily Vegetable  
Assorted Fruit

Breakfast:  
Trix Yogurt  
Graham Cracker  
Assorted Fruit

Lunch:  
Pepperoni Pizza or  
Macaroni & Cheese  
Assorted Vegetables  
Daily Fruit

28	29	30	31	
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Breakfast:  
Stuffed Bagel  
Fruit

Lunch:  
Pasta w/ Meat Sauce or  
Chicken Alfredo Pasta Bake  
Assorted Vegetable  
Daily Fruit

Breakfast:  
Cereal  
Fruit & Juice

Lunch:  
Pork Nachos or  
Beef Nachos  
Pinto beans  
Assorted Fruit

Breakfast:  
Fried Rice w/ Ham & Egg  
Fruit

Lunch:  
Pork Rib Patty or  
Italian Sub  
Assorted Vegetable  
Daily Fruit

Breakfast:  
Breakfast on a Stick  
Fruit & Juice

Lunch:  
Drumstick w/ Rice Or  
Salisbury Steak with Rice & Gravy  
Assorted Vegetable  
Daily Fruit

Breakfast:  
Cheese Omelet w/ Rice  
Assorted Fruit

Lunch  
Cheesy Breadstick w/ Marinara or  
Turkey & Cheese Sandwich  
Daily Vegetable  
Fruit

Menus are subject to change due to product availability

This institution is an equal opportunity provider.