



MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
Lucky Charms, 1 c Fr Cocktail, 1/2 c Baked Spaghetti, Gnd Beef, 1 c Broccoli 1/2 c Roasted Sweet Potatoes 1/2 c Wheat Roll, WG, 1 ea=1 oz eq Mandarin Oranges 1/2 c Pretzels 6 oz Juice, 100%	Graham Crackers, WG Apple Juice, 1/2 c Turkey (2 oz) & Cheese (1 oz) Sandwich Carrot Sticks 1/2 c Marinated Cucumbers Hamburger Bun, WG, 1 ea=2 oz eq Pears 1/2 c Goldfish 6 oz Juice, 100%	HN Cheerios 1 c String Cheese Peaches 1/2 c Grape Juice 1/2 c Corn Dog Nuggets, Turkey, 6 ea=2 oz Roasted Potatoes Green Peas Breeding on CDN, WG=2 oz eq Pineapple 1/2 c Animal Crackers 6 oz Juice, 100%	Waffle, 1 ea Syrup, 1 Tbsp Mand. Oranges 1/2 c Apple Juice 1/2 c BBQ Chicken, 3 oz spoodle Green Beans 1/2 c Corn 1/2 c Brown Rice, 1/2 cup Fruit Cocktail 1/2 c Graham Crackers 6 oz Juice, 100%	HN Cheerios 1 c String Cheese Pears, 1/2 cup Orange Juice, 1/2 c Hamburger Patty, Gnd Beef, 1 ea=2 oz Baked Beans, 1/2 cup Cabbage Hamburger Bun, WG, 1 ea=2 oz eq Applesauce, 1/2 cup Pretzels 6 oz Juice, 100%
10	11	12	13	14
Lucky Charms, 1 c Fr Cocktail, 1/2 c Chicken Nuggets, 5 each=2 oz Green Peas Cabbage Wheat Roll, WG, 1 ea=1 oz eq Mandarin Oranges 1/2 c Pretzels 6 oz Juice, 100%	Graham Crackers, WG Apple Juice, 1/2 c Turkey (2 oz) & Cheese (1 oz) Wrap Carrot Sticks 1/2 c Potato Salad 1/2 c WW Tortilla, 10", 1 ea=2.5 oz eq Pears 1/2 c Goldfish 6 oz Juice, 100%	HN Cheerios 1 c String Cheese Peaches 1/2 c Grape Juice 1/2 c Pizza Green Beans 1/2 c Roasted Potatoes Pizza Crust, WG=2 oz eq Pineapple 1/2 c Animal Crackers 6 oz Juice, 100%	Waffle, 1 ea Syrup, 1 Tbsp Mand. Oranges 1/2 c Apple Juice 1/2 c Roasted Chicken Corn, 1/2 cup Black Beans, 1/2 cup Corn Chips, WG 10-11 chips Fruit Cocktail 1/2 c Graham Crackers 6 oz Juice, 100%	HN Cheerios 1 c String Cheese Pears, 1/2 cup Orange Juice, 1/2 c Swedish Meatballs, Turkey, 8 ea=2oz Broccoli Roasted Sweet Potatoes, 1/2 cup Brown Rice, 1/2 cup Applesauce, 1/2 cup Pretzels 6 oz Juice, 100%
17	18	19	20	21
Lucky Charms, 1 c Fr Cocktail, 1/2 c Baked Spaghetti, Gnd Beef, 1 c Broccoli 1/2 c Roasted Sweet Potatoes 1/2 c Wheat Roll, WG, 1 ea=1 oz eq Mandarin Oranges 1/2 c Pretzels 6 oz Juice, 100%	Graham Crackers, WG Apple Juice, 1/2 c Turkey (2 oz) & Cheese (1 oz) Sandwich Carrot Sticks 1/2 c Marinated Cucumbers Hamburger Bun, WG, 1 ea=2 oz eq Pears 1/2 c Goldfish 6 oz Juice, 100%	HN Cheerios 1 c String Cheese Peaches 1/2 c Grape Juice 1/2 c Corn Dog Nuggets, Turkey, 6 ea=2 oz Roasted Potatoes Green Peas Breeding on CDN, WG=2 oz eq Pineapple 1/2 c Animal Crackers 6 oz Juice, 100%	Waffle, 1 ea Syrup, 1 Tbsp Mand. Oranges 1/2 c Apple Juice 1/2 c BBQ Chicken, 3 oz spoodle Green Beans 1/2 c Corn 1/2 c Brown Rice, 1/2 cup Fruit Cocktail 1/2 c Graham Crackers 6 oz Juice, 100%	HN Cheerios 1 c String Cheese Pears, 1/2 cup Orange Juice, 1/2 c Hamburger Patty, Gnd Beef, 1 ea=2 oz Baked Beans, 1/2 cup Cabbage Hamburger Bun, WG, 1 ea=2 oz eq Applesauce, 1/2 cup Pretzels 6 oz Juice, 100%
24	25	26	27	28
Lucky Charms, 1 c Fr Cocktail, 1/2 c Chicken Nuggets, 5 each=2 oz Green Peas Cabbage Wheat Roll, WG, 1 ea=1 oz eq Mandarin Oranges 1/2 c Pretzels 6 oz Juice, 100%	Graham Crackers, WG Apple Juice, 1/2 c Turkey (2 oz) & Cheese (1 oz) Wrap Carrot Sticks 1/2 c Potato Salad 1/2 c WW Tortilla, 10", 1 ea=2.5 oz eq Pears 1/2 c Goldfish 6 oz Juice, 100%	HN Cheerios 1 c String Cheese Peaches 1/2 c Grape Juice 1/2 c Pizza Green Beans 1/2 c Roasted Potatoes Pizza Crust, WG=2 oz eq Pineapple 1/2 c Animal Crackers 6 oz Juice, 100%	Waffle, 1 ea Syrup, 1 Tbsp Mand. Oranges 1/2 c Apple Juice 1/2 c Roasted Chicken Corn, 1/2 cup Black Beans, 1/2 cup Corn Chips, WG 10-11 chips Fruit Cocktail 1/2 c Graham Crackers 6 oz Juice, 100%	HN Cheerios 1 c String Cheese Pears, 1/2 cup Orange Juice, 1/2 c Swedish Meatballs, Turkey, 8 ea=2oz Broccoli Roasted Sweet Potatoes, 1/2 cup Brown Rice, 1/2 cup Applesauce, 1/2 cup Pretzels 6 oz Juice, 100%
31	1	2	3	4
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1% unflavored milk or nonfat chocolate milk served Daily for Breakfast & Lunch

2-week cycle menu

no pork
K-8

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