| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  |  | 1 |
| 2 | 3 <br> 1\% White milk Whole grain cereal Fruit | 4 <br> 1\% White milk Protein balls Bananas | 5 <br> 1\% White milk Scrambled eggs \& toast <br> Fruit | 6 <br> 1\% White milk French toast Fruit | 7 <br> 1\% White milk Whole grain cereal Fruit | 8 |
| 9 | 10 <br> 1\% White milk <br> Whole grain cereal Fruit | 11 <br> 1\% White milk <br> Yogurt parfait Fruit | 12 <br> 1\% Whole milk Baked oatmeal Fruit | 13 <br> 1\% White milk <br> Whole grain cereal Fruit | 14 <br> 1\% White milk <br> Pancakes <br> Fruit | 15 |
| 16 | 17 <br> 1\% White milk Whole grain cereal Fruit | 18 <br> 1\% White milk French toast Fruit | 19 <br> 1\% White milk <br> Pancakes <br> Fruit | 20 <br> 1\% White milk <br> Yogurt parfait Fruit | $21$ <br> 1\% White milk Whole grain cereal Fruit | 22 |
| 23 | 24 <br> 1\% White milk <br> Pancakes <br> Fruit | 25 <br> 1\% White milk Muffins Fruit | 26 <br> 1\% White milk French toast casserole Fruit | 27 <br> 1\% White milk <br> Whole grain cereal Fruit | 28 <br> 1\% White milk <br> Whole grain cereal Fruit | 29 |
| 30 |  |  |  |  |  |  |


| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  |  | 1 |
| 2 | 3 <br> Chocolate milk <br> Pizza <br> Mixed veggie <br> Fruit | 4 <br> Chocolate milk <br> Spaghetti and meatballs <br> Fruit and broccoli | 5 <br> Chocolate milk <br> KFC chicken bowl <br> Corn <br> Fruit | 6 <br> Chocolate milk <br> PB\&J <br> Fruit <br> Carrots/Celery | 7 <br> Chocolate milk <br> Chicken Quesadilla <br> Mixed veggie <br> Fruit | 8 |
| 9 | 10 <br> Chocolate milk <br> Pancakes <br> Sausage <br> "green" smoothie <br> Fruit | 11 <br> Chocolate milk <br> Tacos <br> Corn <br> Fruit | 12 <br> Chocolate milk <br> Cheeseburger mac <br> Salad <br> Fruit | 13 <br> Chocolate milk <br> PB\&J <br> Fruit <br> Carrots/Celery | 14 <br> Chocolate milk Chicken alfredo Broccoli \& Cauliflower Fruit | 15 |
| 16 | 17 <br> Chocolate milk <br> Spaghetti \& meatballs <br> Green beans <br> Fruit | 18 <br> Chocolate milk Chicken quesadilla Corn Fruit | 19 <br> Chocolate milk <br> Baked Ziti <br> Peas <br> Fruit | 20 <br> Chocolate milk <br> PB\&J <br> Fruit <br> Carrots/Celery | 21 <br> Chocolate milk Grilled Cheese Tomato soup Fruit | 22 |
| 23 | 24 <br> Chocolate milk Kfc chicken bowl Corn Fruit | 25 <br> Chocolate milk <br> Tacos <br> Corn <br> Fruit | 26 <br> Chocolate milk Pizza casserole Salad Fruit | 27 <br> Chocolate milk <br> PB\&J <br> Fruit <br> Carrots/Celery | 28 <br> Chocolate milk Mac \& Cheese Italian Chicken Mixed veggie Fruit | 29 |
| 30 |  |  |  |  |  |  |


| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | 1 <br> 1\% White milk Whole grain cereal Fruit | 2 <br> 1\% White milk <br> Protein balls <br> Bananas | 3 <br> 1\% White milk Scrambled eggs \& toast <br> Fruit | $4$ <br> CLOSED | 5 <br> 1\% White milk <br> Whole grain cereal Fruit | 6 |
| 7 | 8 <br> 1\% White milk <br> Whole grain cereal Fruit | 9 <br> 1\% White milk <br> Yogurt parfait Fruit | 10 <br> 1\% Whole milk <br> Baked oatmeal Fruit | 11 <br> 1\% White milk <br> Whole grain cereal Fruit | 12 <br> 1\% White milk <br> Pancakes <br> Fruit | 13 |
| 14 | 15 <br> 1\% White milk <br> Whole grain cereal Fruit | 16 <br> 1\% White milk <br> French toast Fruit | 17 <br> 1\% White milk <br> Pancakes <br> Fruit | 18 <br> 1\% White milk <br> Yogurt parfait Fruit | 19 <br> 1\% White milk <br> Whole grain cereal Fruit | 20 |
| 21 | 22 <br> 1\% White milk <br> Pancakes <br> Fruit | 23 <br> 1\% White milk <br> Muffins <br> Fruit | 24 <br> 1\% White milk <br> French toast casserole Fruit | 25 <br> 1\% White milk <br> Whole grain cereal Fruit | $26$ <br> 1\% White milk <br> Whole grain cereal Fruit | 27 |
| 28 | 29 <br> 1\% White milk <br> Whole grain cereal Fruit | 30 <br> 1\% White milk <br> French toast Fruit | 31 <br> 1\% White milk Scrambled eggs and toast Fruit |  |  |  |

Lunch Menu

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | 1 <br> Chocolate milk <br> Pizza <br> Mixed veggie <br> Fruit | 2 <br> Chocolate milk <br> PB\&J <br> Fruit <br> Carrots/Celery | 3 <br> Chocolate milk <br> KFC chicken bowl <br> Corn <br> Fruit | 4 <br> CLOSED | 5 <br> Chocolate milk <br> Chicken Quesadilla <br> Mixed veggie <br> Fruit | 6 |
| 7 | 8 <br> Chocolate milk <br> Pancakes <br> Sausage <br> "green" smoothie <br> Fruit | 9 <br> Chocolate milk <br> Tacos <br> Corn <br> Fruit | 10 <br> Chocolate milk <br> Cheeseburger mac <br> Salad <br> Fruit | 11 <br> Chocolate milk <br> PB\&J <br> Fruit <br> Carrots/Celery | 12 <br> Chocolate milk Chicken alfredo Broccoli \& Cauliflower Fruit | 13 |
| 14 | 15 <br> Chocolate milk <br> Spaghetti \& meatballs <br> Green beans <br> Fruit | 16 <br> Chocolate milk Chicken quesadilla Corn Fruit | 17 <br> Chocolate milk <br> Baked Ziti <br> Peas <br> Fruit | 18 <br> Chocolate milk <br> PB\&J <br> Fruit <br> Carrots/Celery | 19 <br> Chocolate milk Grilled Cheese Tomato soup Fruit | 20 |
| 21 | 22 <br> Chocolate milk Kfc chicken bowl Corn Fruit | 23 <br> Chocolate milk <br> Tacos <br> Corn <br> Fruit | 24 <br> Chocolate milk Pizza casserole Salad Fruit | 25 <br> Chocolate milk <br> PB\&J <br> Fruit <br> Carrots/Celery | 26 <br> Chocolate milk Mac \& Cheese Italian Chicken Mixed veggie Fruit | 27 |
| 28 | 29 <br> Chocolate milk Spaghetti and meatballs <br> Fruit and broccoli | 30 <br> Chocolate milk Chicken Quesadilla Mixed veggie Fruit | 31 <br> Chocolate Milk <br> Pizza <br> Salad <br> Fruit |  |  |  |


| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  | 1\% White milk <br> Pancakes <br> Fruit | 1 <br> 1\% White milk Whole grain cereal Fruit | 2 <br> 1\% White milk Yogurt parfait Fruit | 3 |
| 4 | 5 <br> 1\% White milk Whole grain cereal Fruit | 6 <br> 1\% White milk Egg and sausage wrap <br> Fruit | $7$ <br> 1\% White milk French toast Fruit | 8 <br> 1\% White milk <br> Protein balls <br> Bananas | $9$ <br> 1\% White milk Whole grain cereal Fruit | 10 |
| 11 | $12$ <br> 1\% White milk Whole grain cereal Fruit | 13 <br> 1\% White milk Yogurt parfait Fruit | 14 <br> 1\% Whole milk Baked oatmeal Fruit | 15 <br> 1\% White milk Whole grain cereal Fruit | $16$ <br> 1\% White milk Pancakes Fruit | 17 |
| 18 | 19 |  |  |  |  |  |

## Lunch Menu



