




B=

L=

S=

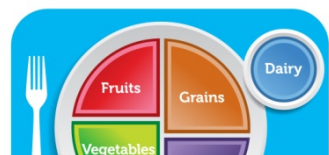
Serve w/ Milk & Fruit

Menus subject to change.

| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | | | | |
|-----|-----|---|--|---|----------|---|-----|---|-----|--|
| | | | | 1 | 2 | 3 | | | | |
| B | | |  |  | | | | | | |
| L | | | | | | | | | | |
| VEG | | | | | | | | | | |
| S | | | | | | | | | | |
| B | 85 | Coco Puffs & WG Crackers | 85 | Bean & Cheese Burrito | 85 | Lucky Charms & WG Crackers | 85 | Bagel with Cream Cheese | 85 | Mexican Concha |
| L | 200 | Macaroni & Cheese with Mixed Vegetables (1c) | 200 | Pepperjack Cheeseburger with Tater Tots (3/4c) | 200 | Beef Lasagna with Steamed Broccoli & Carrots (1c) | 200 | Beef, Bean & Cheese Burrito with Pinto Beans (3/4c) | 200 | Chicken Teriyaki with Brown Rice Pilaf (1/2c) & Steamed Carrots (3/4c) |
| VEG | 1 | Macaroni & Cheese with Mixed Vegetables (1c) | 1 | Veggie Burger Sliders (2) with Tater Tots (3/4c) | 1 | Three Cheese Lasagna with Steamed Broccoli & Carrots (1c) | 1 | Bean & Cheese Hoagie Sandwich with Cilantro Bean Salad (1/2c) | 1 | Teriyaki Tofu (1/2c) with Brown Rice Pilaf (1/2c) & Steamed Carrots (3/4c) |
| S | | | | | | | | | | |
| B | 85 | Mini Bagels w/Strawberry Cream Cheese | 85 | Egg & Cheese Taco | 85 | Reduced Sugar Cinnamon Toast Crunch & WG Crackers | 85 | Waffles (2) with Syrup | 85 | WG Apple Cinnamon Donut |
| L | 200 | Chicken Fettuccine (1/2c) Alfredo with Mixed Vegetables (1c) | 200 | Honey BBQ Chicken Wings with Dinner Roll & Mashed Potatoes (3/4c) | 200 | Pesto Chicken Spaghetti (1/2c) with Green Salad (2c) | 200 | Chicken Quesadilla with Pinto Beans (3/4c) | 200 | BBQ Pulled Chicken Sandwich with Sweet Potato (3/4c) |
| VEG | 1 | Fettuccine (1/2c) Alfredo with Shredded Cheese (2oz) & Mixed Vegetables (1c) | 1 | Garden Burger with Mashed Potatoes (3/4c) | 1 | Pesto Spaghetti (1c) with Shredded Cheese (2oz) & Green Salad (2c) | 1 | Shredded Cheese (2oz) Nachos (2oz) with Pinto Beans (3/4c) | 1 | Veggie Burger Sliders (2) with Sweet Potato (3/4c) |
| S | | | | | | | | | | |
| B | |  | 85 | Yogurt & Graham Crackers | 85 | Banana Muffin & WG Crackers | 85 | Bagel with Cream Cheese | 85 | Mini Cinnamon Rolls |
| L | | | 200 | Creamy Basil Chicken Tortilla Wrap with Basil Corn Salad (1/2c) | 200 | Orange Chicken with Brown Rice Pilaf (1c) & Steamed Broccoli & Carrots (1c) | 200 | Red Chicken & Cheese Enchiladas with Pinto Beans (1/2c) | 200 | Chicken Chow Mein (1/2c) with Steamed Carrots (3/4c) |
| VEG | | | 1 | Fresh Veggie, Bean & Cheese Wheat Tortilla Wrap with Basil Corn Salad (1/2c) | 1 | Orange Tofu (1/2c) with Brown Rice Pilaf (1c) & Steamed Broccoli & Carrots (1c) | 1 | Red Cheese Enchiladas with Pinto Beans (1/2c) | 1 | Teriyaki Tofu (1/2c) Chow Mein (1/2c) & Steamed Carrots (3/4c) |
| S | | | | | | | | | | |
| B | 85 | Reduced Sugar Cinnamon Toast Crunch & WG Crackers | 85 | Egg & Cheese Burrito | 85 | Coco Puffs & WG Crackers | 85 | Mini Bagel with Sunbutter | 85 | Mexican Concha |
| L | 200 | Chicken Teriyaki with Brown Rice Pilaf (1/2c) & Mixed Vegetables (1c) | 200 | Country Baked Beef & Chicken Steak with Dinner Roll, Mashed Potatoes (3/4c) & Gravy | 200 | Macaroni & Cheese with Green Salad (2c) | 200 | Beef & Cheese Nachos with Pinto Beans (3/4c) | 200 | Breaded Chicken Patty Sandwich with Sweet Potato (3/4c) |
| VEG | 1 | Parmesan Cheese Pasta with Carrot Sticks (3/4c) & Ranch | 1 | Garden Burger with Mashed Potatoes (3/4c) | 1 | Macaroni & Cheese with Green Salad (2c) | 1 | Shredded Cheese (2oz) Nachos (2oz) with Pinto Beans (3/4c) | 1 | Veggie Burger Sliders (2) with Sweet Potato (3/4c) |
| S | | | | | | | | | | |

This institution is an equal opportunity provider.

Breakfast fruit/juice portions: 1 cup & Lunch fruit/juice portions: 1/2 cup (Juice cannot exceed 50% of total weekly servings.) Milk (1 Cup) (1%/Non-fat/Non-fat Choc)






MENU NOTES: WG = Whole Grain Rich



FreshStart
MEALS

“Eat Right, Be Bright!”

| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | | | | |
|-----|-----|--|--|---|---|--|--|--|--|----------------------------|
| | | |  |  | | | | | | |
| | | 6 | 7 | 8 | 9 | 10 | | | | |
| B | 85 | Rice Chex | 85 | Yogurt | 85 | Bagel with Cream Cheese | 85 | Sunbutter & Jelly Sandwich | | |
| gan | 1 | Bagel w/ Jelly (1) | 1 | Frosted Flakes w Graham Crackers | 1 | Multi Grain Cheerios w Graham Crackers | 1 | English Muffin w/Jelly (1) | | |
| L | 110 | Macaroni & Cheese with Mixed Vegetables (1/4c) | 110 | Double Dog Chicken Hot Dogs with Tater Tots (1/4c) | 110 | Chicken Tamal with Pinto Beans (1/4c) | 110 | Chicken Teriyaki with Brown Rice Pilaf (1/4c) & Steamed Carrots (1/4c) | | |
| eg | 1 | Macaroni & Cheese with Mixed Vegetables (1c) | 1 | Veggie Burger Sliders (2) with Tater Tots (1/4c) | 1 | Cheese Tamal with Pinto Beans (1/4c) | 1 | Teriyaki Tofu (1/4c) with Brown Rice Pilaf (1/4c) & Steamed Carrots (1/4c) | | |
| ega | 1 | Grilled Vegetable Fajitas (1/4c) w/Tofu (1/4c) w/Corn Tortillas (2) & Refried Beans (1/4c) | 1 | Pinto Beans (1/4c) Nachos (2oz) & Green Salad (1 1/2c) & Italian Dressing | 1 | Bean (1/4c) Torta with & Carrot Sticks (1/4c) & Italian Dressing | 1 | Tofu Taco Salad (1/4c) (No Cheese/Meat) w/Spanish Brown Rice (1c) & Refried Beans (1/4c) | | |
| S | 75 | Animal Crackers | 75 | Cinnamon Bites | 75 | Jungle Crackers | | | | |
| | | 13 | 14 | 15 | 16 | 17 | | | | |
| B | 85 | Multi Grain Cheerios | 85 | Egg & Cheese Taco | 85 | Waffles (1) with Syrup | 85 | English Muffin & Jelly | | |
| gan | 1 | Bagel w/ Jelly (2) | 1 | Frosted Flakes w Graham Crackers | 1 | Multi Grain Cheerios w Graham Crackers | 1 | English Muffin w/Jelly (2) | | |
| L | 110 | Orange Chicken with Brown Rice Pilaf (1/4c) & Mixed Vegetables (1/4c) | 110 | Chicken Parmesan Sandwich with Mashed Potatoes (1/4c) | 110 | Turkey Salad Sandwich with Green Salad (1/2c) | 110 | Turkey & Cheese Croissant Sandwich with Carrot Sticks (1/4c) & Ranch | | |
| eg | 1 | Grilled Vegetable Fajitas (1/2c) w/Tofu (1/2c) w/Corn Tortillas (2) & Refried Beans (1/2c) | 1 | Pinto Beans (1/2c) Nachos (2oz) & Green Salad (1 1/2c) & Italian Dressing | 1 | Sante Fe Salad with Black Beans (1/2c) (No Chicken/Cheese/Ranch) w/Corn Salad (1/2c) & Dinner Roll (2oz) | 1 | Tofu Taco Salad (3/4c) (No Cheese/Meat) w/Spanish Brown Rice (1c) & Refried Beans (1/2c) | | |
| ega | 1 | Grilled Vegetable Fajitas (1/2c) w/Tofu (1/2c) w/Corn Tortillas (2) & Refried Beans (1/2c) | 1 | Pinto Beans (1/2c) Nachos (2oz) & Green Salad (1 1/2c) & Italian Dressing | 1 | Sante Fe Salad with Black Beans (1/2c) (No Chicken/Cheese/Ranch) w/Corn Salad (1/2c) & Dinner Roll (2oz) | 1 | Tofu Taco Salad (3/4c) (No Cheese/Meat) w/Spanish Brown Rice (1c) & Refried Beans (1/2c) | | |
| S | 75 | Fruit | 75 | Cinnamon Graham Bug Bites | 75 | Blueberry Lemon Bites | 75 | Cheez-it Crackers | | |
| | | 20 | 21 | 22 | 23 | 24 | | | | |
| B | |  | 85 | Yogurt | 85 | Banana Muffin | 85 | Pancakes (1) with Syrup | 85 | Sunbutter & Jelly Sandwich |
| gan | 1 | | Frosted Flakes w Graham Crackers | 1 | Sunbutter & Jelly Sandwich on Wheat | 1 | Multi Grain Cheerios w Graham Crackers | 1 | English Muffin w/Jelly (2) | |
| L | 110 | | WG Beef Taquitos with Whole Kernel Corn (1/4c) | 110 | Orange Chicken with Brown Rice Pilaf (1/4c) & Peas & Carrots (1/4c) | 110 | Chicken Breast Pita Sandwich with Cilantro Bean Salad (1/4c) | 110 | Chicken Chow Mein (1/4c) with Steamed Carrots (1/4c) | |

| | | | | | | | | |
|------------|-----------|---|-----------|--|-----------|--|-----------|--|
| Vegetarian | 1 | Bean & Cheese Burrito with Whole Kernel Corn (1/4c) | 1 | Orange Tofu (1/4c) with Brown Rice Pilaf (1/4c) & Steamed Broccoli & Carrots (1c) | 1 | Red Cheese Enchiladas with Pinto Beans (1/4c) | 1 | Teriyaki Tofu (1/4c) Chow Mein (1/4c) & Steamed Carrots (1/4c) |
| Vegetarian | 1 | Grilled Veggie & Beans Sandwich on a Hoagie Roll with Green Salad (1 1/2c) & Italian Dressing | 1 | Greek Salad with Garbanzo Beans (1/2c) (No Chicken/Cheese/Ranch) w/Corn Salad (1/2c) & Dinner Roll (2oz) | 1 | Fresh Veggie & Bean Tortilla Wrap with Carrot Sticks (1/2c) & Italian Dressing | 1 | Penne Pasta (1c) & Marinara Sauce (1/2c) with Grilled Tofu (1/2c), Green Salad (1c) & Italian Dressing |
| S | 75 | Goldfish Crackers | 75 | Scooby Doo Crackers | 75 | Cinnamon Graham Bug Bites | | |
| | 27 | | 28 | 29 | 30 | | 31 | |
| B | 85 | Reduced Sugar Cinnamon Toast Crunch | 85 | Egg & Cheese Burrito | 85 | Cinnamon French Toast w/Syrup | 85 | English Muffin & Jelly |
| eg | 1 | Bagel w/ Jelly (2) | 1 | Frosted Flakes w Graham Crackers | 1 | Multi Grain Cheerios w Graham Crackers | 1 | English Muffin w/Jelly (2) |
| L | 110 | Spaghetti (1/4c) & Meatballs with Mixed Vegetables (1/4c) | 110 | Turkey & Cheese Croissant Sandwich with Basil Corn Salad (1/4c) | 110 | Roasted Pepper Chicken Tortilla Wrap with Cilantro Bean Salad (1/4c) | 110 | Sloppy Joe Sandwich with Sweet Potato (1/4c) |
| eg | 1 | Spaghetti (1/2c) & Marinara Sauce (1/2c) with Shredded Cheese (2oz) & Mixed Vegetables (1c) | 1 | Garden Burger with Mashed Potatoes (3/4c) | 1 | Shredded Cheese (2oz) Nachos (2oz) with Pinto Beans (3/4c) | 1 | Veggie Burger Sliders (2) with Sweet Potato (3/4c) |
| aga | 1 | Grilled Vegetable Fajitas (1/2c) w/Tofu (1/2c) w/Corn Tortillas (2) & Refried Beans (1/2c) | 1 | Pinto Beans (1/2c) Nachos (2oz) & Green Salad (1 1/2c) & Italian Dressing | 1 | Bean (1/2c) Torta with & Carrot Sticks (1/2c) & Italian Dressing | 1 | Tofu Taco Salad (3/4c) (No Cheese/Meat) w/Spanish Brown Rice (1c) & Refried Beans (1/2c) |
| S | 75 | | 75 | Cinnamon Graham Bug Bites | 75 | Strawberry Sport Graham Cr | 75 | Cheez-it Crackers |

This ins provider. Breakfast fruit/juice portions: 1/2 cup & Lunch fruit/juice portions: 1/4 cup (Juice cannot exceed 50% of total weekly servings.) Milk (1 Cup) (1%/Non-fat/Non-fat Choc)



MENU NOTES: WG = Whole Grain Rich



“Eat Right, Be Bright!”


B=

L=

S=

Serve w/ Milk & Fruit

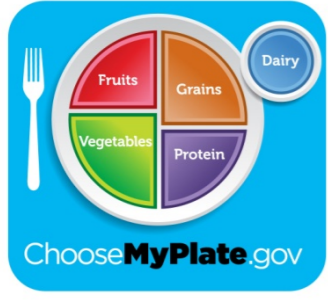
Menus subject to change.

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|--------|--|--|--|---|--|--|--|--|--|
| | |  | |  | | | | | |
| | 6 | | 7 | | 8 | | 9 | | 10 |
| B | 85 Rice Chex | 85 Yogurt | 85 Orange Muffin | 85 Bagel with Cream Cheese | 85 Sunbutter & Jelly Sandwich | 85 Multi Grain Cheerios w Graham Crackers | 85 Chicken Tamal with Pinto Beans (1/4c) | 85 Sunbutter & Jelly Sandwich | 85 English Muffin w/Jelly (2) |
| gan | 1 Bagel w/ Jelly (2) | 1 Frosted Flakes w Graham Crackers | 1 Sunbutter & Jelly Sandwich on Wheat | 1 Multi Grain Cheerios w Graham Crackers | 1 Sunbutter & Jelly Sandwich on Wheat | 1 Multi Grain Cheerios w Graham Crackers | 1 Chicken Tamal with Pinto Beans (1/4c) | 1 English Muffin w/Jelly (2) | 1 English Muffin w/Jelly (2) |
| L | 85 Macaroni & Cheese with Mixed Vegetables (1/4c) | 85 Double Dog Chicken Hot Dogs with Tater Tots (1/4c) | 85 Beef Lasagna with Peas & Carrots (1/4c) | 85 Chicken Tamal with Pinto Beans (1/4c) | 85 Beef Lasagna with Peas & Carrots (1/4c) | 85 Chicken Tamal with Pinto Beans (1/4c) | 85 Chicken Teriyaki with Brown Rice Pilaf (1/4c) & Steamed Carrots (1/4c) | 85 Chicken Teriyaki with Brown Rice Pilaf (1/4c) & Steamed Carrots (1/4c) | 85 Chicken Teriyaki with Brown Rice Pilaf (1/4c) & Steamed Carrots (1/4c) |
| ega | 1 Grilled Vegetable Fajitas (1/4c) w/Tofu (1/4c) w/Corn Tortillas (2) & Refried Beans (1/4c) | 1 Pinto Beans (1/4c) Nachos (2oz) & Green Salad (1 1/2c) & Italian Dressing | 1 Sante Fe Salad with Black Beans (1/4c) (No Chicken/Cheese/Ranch) w/Corn Salad (1/4c) & Dinner Roll (2oz) | 1 Bean (1/4c) Torta with & Carrot Sticks (1/4c) & Italian Dressing | 1 Sante Fe Salad with Black Beans (1/4c) (No Chicken/Cheese/Ranch) w/Corn Salad (1/4c) & Dinner Roll (2oz) | 1 Bean (1/4c) Torta with & Carrot Sticks (1/4c) & Italian Dressing | 1 Tofu Taco Salad (1/4c) (No Cheese/Meat) w/Spanish Brown Rice (1c) & Refried Beans (1/4c) | 1 Tofu Taco Salad (1/4c) (No Cheese/Meat) w/Spanish Brown Rice (1c) & Refried Beans (1/4c) | 1 Tofu Taco Salad (1/4c) (No Cheese/Meat) w/Spanish Brown Rice (1c) & Refried Beans (1/4c) |
| S | 85 Animal Crackers | 85 Cinnamon Bites | 85 Cheez-it Crackers | 85 Jungle Crackers | 85 Animal Crackers | 85 Cheez-it Crackers | 85 Jungle Crackers | 85 Animal Crackers | 85 Jungle Crackers |
| | 13 | 14 | 15 | 16 | 17 | 16 | 17 | 17 | 17 |
| B | 85 Multi Grain Cheerios | 85 Egg & Cheese Taco | 85 Blueberry Muffin | 85 Waffles (1) with Syrup | 85 English Muffin & Jelly | 85 Waffles (1) with Syrup | 85 English Muffin & Jelly | 85 English Muffin & Jelly | 85 English Muffin & Jelly |
| gan | 1 Bagel w/ Jelly (2) | 1 Frosted Flakes w Graham Crackers | 1 Sunbutter & Jelly Sandwich on Wheat | 1 Multi Grain Cheerios w Graham Crackers | 1 English Muffin w/Jelly (2) | 1 Multi Grain Cheerios w Graham Crackers | 1 English Muffin w/Jelly (2) | 1 English Muffin w/Jelly (2) | 1 English Muffin w/Jelly (2) |
| L | 85 Orange Chicken with Brown Rice Pilaf (1/4c) & Mixed Vegetables (1/4c) | 85 Chicken Parmesan Sandwich with Mashed Potatoes (1/4c) | 85 Turkey Salad Sandwich with Green Salad (1/2c) | 85 Chicken Quesadilla with Pinto Beans (1/4c) | 85 Turkey & Cheese Croissant Sandwich with Carrot Sticks (1/4c) & Ranch | 85 Turkey Salad Sandwich with Green Salad (1/2c) | 85 Chicken Quesadilla with Pinto Beans (1/4c) | 85 Turkey & Cheese Croissant Sandwich with Carrot Sticks (1/4c) & Ranch | 85 Turkey & Cheese Croissant Sandwich with Carrot Sticks (1/4c) & Ranch |
| ega | 1 Grilled Vegetable Fajitas (1/2c) w/Tofu (1/2c) w/Corn Tortillas (2) & Refried Beans (1/2c) | 1 Pinto Beans (1/2c) Nachos (2oz) & Green Salad (1 1/2c) & Italian Dressing | 1 Sante Fe Salad with Black Beans (1/2c) (No Chicken/Cheese/Ranch) w/Corn Salad (1/2c) & Dinner Roll (2oz) | 1 Bean (1/2c) Torta with & Carrot Sticks (1/2c) & Italian Dressing | 1 Tofu Taco Salad (3/4c) (No Cheese/Meat) w/Spanish Brown Rice (1c) & Refried Beans (1/2c) | 1 Sante Fe Salad with Black Beans (1/2c) (No Chicken/Cheese/Ranch) w/Corn Salad (1/2c) & Dinner Roll (2oz) | 1 Bean (1/2c) Torta with & Carrot Sticks (1/2c) & Italian Dressing | 1 Tofu Taco Salad (3/4c) (No Cheese/Meat) w/Spanish Brown Rice (1c) & Refried Beans (1/2c) | 1 Tofu Taco Salad (3/4c) (No Cheese/Meat) w/Spanish Brown Rice (1c) & Refried Beans (1/2c) |
| S | 85 Fruit | 85 Cinnamon Graham Bug Bites | 85 Blueberry Lemon Bites | 85 Cheez-it Crackers | 85 Fruit | 85 Blueberry Lemon Bites | 85 Cheez-it Crackers | 85 Fruit | 85 Cheez-it Crackers |
| | 20 | 21 | 22 | 23 | 24 | 22 | 23 | 24 | 24 |
| B |  | 85 Yogurt | 85 Banana Muffin | 85 Bagel with Cream Cheese | 85 Sunbutter & Jelly Sandwich | 85 Banana Muffin | 85 Bagel with Cream Cheese | 85 Sunbutter & Jelly Sandwich | 85 Sunbutter & Jelly Sandwich |
| gan | | 1 Frosted Flakes w Graham Crackers | 1 Sunbutter & Jelly Sandwich on Wheat | 1 Multi Grain Cheerios w Graham Crackers | 1 English Muffin w/Jelly (2) | 1 Sunbutter & Jelly Sandwich on Wheat | 1 Multi Grain Cheerios w Graham Crackers | 1 English Muffin w/Jelly (2) | 1 English Muffin w/Jelly (2) |
| L | | 85 Beef Taquitos with Whole Kernel Corn (1/4c) | 85 Orange Chicken with Brown Rice Pilaf (1/4c) & Peas & Carrots (1/4c) | 85 Chicken Breast Pita Sandwich with Cilantro Bean Salad (1/4c) | 85 Chicken Chow Mein (1/4c) with Steamed Carrots (1/4c) | 85 Beef Taquitos with Whole Kernel Corn (1/4c) | 85 Orange Chicken with Brown Rice Pilaf (1/4c) & Peas & Carrots (1/4c) | 85 Chicken Breast Pita Sandwich with Cilantro Bean Salad (1/4c) | 85 Chicken Chow Mein (1/4c) with Steamed Carrots (1/4c) |
| ega | | 1 Bean & Cheese Burrito with Whole Kernel Corn (1/4c) | 1 Orange Tofu (1/4c) with Brown Rice Pilaf (1/4c) & Steamed Broccoli & Carrots (1c) | 1 Red Cheese Enchiladas with Pinto Beans (1/4c) | 1 Teriyaki Tofu (1/4c) Chow Mein (1/4c) & Steamed Carrots (1/4c) | 1 Bean & Cheese Burrito with Whole Kernel Corn (1/4c) | 1 Orange Tofu (1/4c) with Brown Rice Pilaf (1/4c) & Steamed Broccoli & Carrots (1c) | 1 Red Cheese Enchiladas with Pinto Beans (1/4c) | 1 Teriyaki Tofu (1/4c) Chow Mein (1/4c) & Steamed Carrots (1/4c) |
| S | 85 Goldfish Crackers | 85 Scooby Doo Crackers | 85 Cinnamon Graham Bug Bites | 85 Cinnamon Graham Bug Bites | 85 Goldfish Crackers | 85 Scooby Doo Crackers | 85 Cinnamon Graham Bug Bites | 85 Cinnamon Graham Bug Bites | 85 Cinnamon Graham Bug Bites |
| | 27 | 28 | 29 | 30 | 31 | 29 | 30 | 31 | 31 |
| B | 85 Reduced Sugar Cinnamon Toast Crunch | 85 Egg & Cheese Burrito | 85 Apple Muffin | 85 Cinnamon French Toast w/Syrup | 85 English Muffin & Jelly | 85 Apple Muffin | 85 Cinnamon French Toast w/Syrup | 85 English Muffin & Jelly | 85 English Muffin & Jelly |

| | | | | | | | | | | |
|-----|----|--|----|---|----|--|----|--|----|--|
| gan | 1 | Bagel w/ Jelly (2) | 1 | Frosted Flakes w Graham Crackers | 1 | Sunbutter & Jelly Sandwich on Wheat | 1 | Multi Grain Cheerios w Graham Crackers | 1 | English Muffin w/Jelly (2) |
| L | 85 | Spaghetti (1/4c) & Meatballs with Mixed Vegetables (1/4c) | 85 | Turkey & Cheese Croissant Sandwich with Basil Corn Salad (1/4c) | 85 | Macaroni & Cheese with Peas & Carrots (1/4c) | 85 | Roasted Pepper Chicken Tortilla Wrap with Cilantro Bean Salad (1/4c) | 85 | Sloppy Joe Sandwich with Sweet Potato (1/4c) |
| ega | 1 | Grilled Vegetable Fajitas (1/2c) w/Tofu (1/2c) w/Corn Tortillas (2) & Refried Beans (1/2c) | 1 | Pinto Beans (1/2c) Nachos (2oz) & Green Salad (1 1/2c) & Italian Dressing | 1 | Sante Fe Salad with Black Beans (1/2c) (No Chicken/Cheese/Ranch) w/Corn Salad (1/2c) & Dinner Roll (2oz) | 1 | Bean (1/2c) Torta with & Carrot Sticks (1/2c) & Italian Dressing | 1 | Tofu Taco Salad (3/4c) (No Cheese/Meat) w/Spanish Brown Rice (1c) & Refried Beans (1/2c) |
| S | 85 | Fruit | 85 | Cinnamon Graham Bug Bites | 85 | Strawberry Sport Graham Cr | 85 | Cheez-it Crackers | | |

This institution is an equal opportunity provider.




Breakfast fruit/juice portions: 1/2 cup & Lunch fruit/juice portions: 1/4 cup (Juice cannot exceed 50% of total weekly servings.) Milk (1 Cup) (1%/Non-fat/Non-fat Choc)



MENU NOTES: WG = Whole Grain Rich

“Eat Right, Be Bright!”



| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----|----|---|--|---|--|--|
| B | | | | 1 | 2 | 3 |
| L | | |  |  | | |
| S | | | | | | |
| B | 60 | 6 | 7 | 8 | 9 | 10 |
| L | 60 | Rice Chex | Yogurt | Orange Muffin | Bagel with Cream Cheese | Sunbutter & Jelly Sandwich |
| ege | 60 | Macaroni & Cheese with Mixed Vegetables (1/4c) | Double Dog Chicken Hot Dogs with Tater Tots (1/4c) | Beef Lasagna with Peas & Carrots (1/4c) | Chicken Tamal with Pinto Beans (1/4c) | Chicken Teriyaki with Brown Rice Pilaf (1/4c) & Steamed Carrots (1/4c) |
| S | 60 | Animal Crackers | Cinnamon Bites | Cheez-it Crackers | Jungle Crackers | |
| B | 60 | 13 | 14 | 15 | 16 | 17 |
| L | 60 | Multi Grain Cheerios | Egg & Cheese Taco | Blueberry Muffin | Waffles (1) with Syrup | English Muffin & Jelly |
| ege | 60 | Orange Chicken with Brown Rice Pilaf (1/4c) & Mixed Vegetables (1/4c) | Chicken Parmesan Sandwich with Mashed Potatoes (1/4c) | Turkey Salad Sandwich with Green Salad (1/2c) | Chicken Quesadilla with Pinto Beans (1/4c) | Turkey & Cheese Croissant Sandwich with Carrot Sticks (1/4c) & Ranch |
| S | 60 | Fruit | Cinnamon Graham Bug Bites | Blueberry Lemon Bites | Cheez-it Crackers | |
| B | | 20 | 21 | 22 | 23 | 24 |
| L | |  | Yogurt | Banana Muffin | Pancakes (1) with Syrup | Sunbutter & Jelly Sandwich |
| ege | | | Beef Taquitos with Whole Kernel Corn (1/4c) | Orange Chicken with Brown Rice Pilaf (1/4c) & Peas & Carrots (1/4c) | Chicken Breast Pita Sandwich with Cilantro Bean Salad (1/4c) | Chicken Chow Mein (1/4c) with Steamed Carrots (1/4c) |
| S | | | Goldfish Crackers | Scooby Doo Crackers | Cinnamon Graham Bug Bites | |
| B | 60 | 27 | 28 | 29 | 30 | 31 |
| L | 60 | Reduced Sugar Cinnamon Toast Crunch | Egg & Cheese Burrito | Apple Muffin | Cinnamon French Toast w/Syrup | English Muffin & Jelly |
| ege | 60 | Spaghetti (1/4c) & Meatballs with Mixed Vegetables (1/4c) | Turkey & Cheese Croissant Sandwich with Basil Corn Salad (1/4c) | Macaroni & Cheese with Peas & Carrots (1/4c) | Roasted Pepper Chicken Tortilla Wrap with Cilantro Bean Salad (1/4c) | Sloppy Joe Sandwich with Sweet Potato (1/4c) |
| S | 60 | Fruit | Cinnamon Graham Bug Bites | Strawberry Sport Graham Cr | Cheez-it Crackers | |

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Serve w/ Milk & Fruit

Menus subject to change.

| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | | | | |
|---|-----|---|---|---|----------|---|-----|--|-----|--|
| B | | |  |  | | | | | | |
| L | | | | | | | | | | |
| S | | | | | | | | | | |
| B | 110 | Rice Chex | 110 | Yogurt | 110 | Orange Muffin | 110 | Bagel with Cream Cheese | 110 | Sunbutter & Jelly Sandwich |
| L | 140 | Macaroni & Cheese with Mixed Vegetables (1/4c) | 140 | Double Dog Chicken Hot Dogs with Tater Tots (1/4c) | 140 | Beef Lasagna with Peas & Carrots (1/4c) | 140 | Chicken Tamal with Pinto Beans (1/4c) | 140 | Chicken Teriyaki with Brown Rice Pilaf (1/4c) & Steamed Carrots (1/4c) |
| S | 100 | Animal Crackers | 100 | Cinnamon Bites | 100 | Cheez-it Crackers | 100 | Jungle Crackers | | |
| B | 110 | Multi Grain Cheerios | 110 | Egg & Cheese Taco | 110 | Blueberry Muffin | 110 | Mini Bagel with Sunbutter | 110 | English Muffin & Jelly |
| L | 140 | Orange Chicken with Brown Rice Pilaf (1/4c) & Mixed Vegetables (1/4c) | 140 | Chicken Parmesan Sandwich with Mashed Potatoes (1/4c) | 140 | Turkey Salad Sandwich with Green Salad (1/2c) | 140 | Chicken Quesadilla with Pinto Beans (1/4c) | 140 | Turkey & Cheese Croissant Sandwich with Carrot Sticks (1/4c) & Ranch |
| S | 100 | Fruit | 100 | Cinnamon Graham Bug Bites | 100 | Blueberry Lemon Bites | 100 | Cheez-it Crackers | | |
| B | |  | 110 | Yogurt | 110 | Banana Muffin | 110 | Bagel with Cream Cheese | 110 | Sunbutter & Jelly Sandwich |
| L | | | 140 | Beef Taquitos with Whole Kernel Corn (1/4c) | 140 | Orange Chicken with Brown Rice Pilaf (1/4c) & Peas & Carrots (1/4c) | 140 | Chicken Breast Pita Sandwich with Cilantro Bean Salad (1/4c) | 140 | Chicken Chow Mein (1/4c) with Steamed Carrots (1/4c) |
| S | | | 100 | Goldfish Crackers | 100 | Scooby Doo Crackers | 100 | Cinnamon Graham Bug Bites | | |
| B | 110 | Reduced Sugar Cinnamon Toast Crunch | 110 | Egg & Cheese Burrito | 110 | Apple Muffin | 110 | Cinnamon French Toast w/Syrup | 60 | English Muffin & Jelly |
| L | 140 | Spaghetti (1/4c) & Meatballs with Mixed Vegetables (1/4c) | 140 | Turkey & Cheese Croissant Sandwich with Basil Corn Salad (1/4c) | 140 | Macaroni & Cheese with Peas & Carrots (1/4c) | 140 | Roasted Pepper Chicken Tortilla Wrap with Cilantro Bean Salad (1/4c) | 140 | Sloppy Joe Sandwich with Sweet Potato (1/4c) |
| S | 100 | Fruit | 100 | Cinnamon Graham Bug Bites | 100 | Strawberry Sport Graham Cr | 100 | Cheez-it Crackers | | |

This institution is an equal opportunity provider.

Breakfast fruit/juice portions: 1/2 cup & Lunch fruit/juice portions: 1/4 cup (Juice cannot exceed 50% of total weekly servings.) Milk (1 Cup) (1%/Non-fat/Non-fat Choc)

MENU NOTES: WG = Whole Grain Rich



“Eat Right, Be Bright!”

