

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 3 Meatballs(1.5 oz) [D][E][G][S] w Marinara Sauce [T] ¼ c WG Penne (½ oz) [G] PC Parmesan Cheese [D] ¼ c Baby Carrots w Veggie Dip [D] [E][S] ½ Apple ¾ c Milk [D]	2 1 Cheese Manicotti [D][E][G] [C](2.75oz) w Tomato Basil [T] • 1 ½ oz cheese 2 oz WG grain ½ c Romaine Salad w Ranch [D][E][G] ¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ¾ c Milk [D]	3 3/8 c Beef Picadillo [T] ¼ c WG Rice (½ oz Grain) ¼ c Broccoli w Creamy Italian Dip [S][C] ¼ c Pears ¾ c Milk [D]	4 1 Cheese Manicotti [D][E][G] [C](2.75oz) w Tomato Basil [T] • 1 ½ oz cheese 2 oz WG grain ½ c Romaine Salad w Ranch [D][E][G] ¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ¾ c Milk [D]	5 3 Meatballs(1.5 oz) [D][E][G][S] w Marinara Sauce [T] ¼ c WG Penne (½ oz) [G] PC Parmesan Cheese [D] ¼ c Baby Carrots w Veggie Dip [D] [E][S] ½ Apple ¾ c Milk [D]
6 3 Meatballs(1.5 oz) [D][E][G][S] w Marinara Sauce [T] ¼ c WG Penne (½ oz) [G] PC Parmesan Cheese [D] ¼ c Baby Carrots w Veggie Dip [D] [E][S] ½ Apple ¾ c Milk [D]	7 ½ c Beef & Bean Chili [T] [C] 2 oz meat/meat alternate 1 oz Cornbread [D][E][G][S][C] ½ c Romaine with Ranch [D][E][G] 2 Orange Wedges ¾ c Milk [D]	8 3 oz WG Fish Fillet [D][G][C][F] (1.5 oz M/MA) ¼ c Bolivian Rice (½ oz Grain) [D] ½ c Spinach Salad w Italian [S][C] ¼ c Honeydew ¾ c Milk [D]	9 ¼ c Black Beans & 1/8 c Monterrey Cheese [D] 1-6 in WW Tortilla (1 oz) [G][S] PC Mild Salsa [T] ½ c Romaine ¼ c Pineapple ¾ c Milk [D]	10 3 Meatballs(1.5 oz) [D][E][G][S] w Marinara Sauce [T] ¼ c WG Penne (½ oz) [G] PC Parmesan Cheese [D] ¼ c Baby Carrots w Veggie Dip [D] [E][S] ½ Apple ¾ c Milk [D]
11 3 Meatballs(1.5 oz) [D][E][G][S] w Marinara Sauce [T] ¼ c WG Penne (½ oz) [G] PC Parmesan Cheese [D] ¼ c Baby Carrots w Veggie Dip [D] [E][S] ½ Apple ¾ c Milk [D]	12 ½ c Seasoned Chicken Strips (2 oz) ½ WG Pita (1 oz) [G][S][D][E] 1 Tbsp Hummus ¼ c Petite Broccoli w Italian [S][C] ¼ c Tropical Fruit Salad ¾ c Milk [D]	13 2 oz Oven Fried Chicken Leg [G][S] 1 oz WG Corn Muffin [E][G][S][C] ¼ c Cole Slaw [E][S][C] ¼ c Honeydew EHS Diced ¾ c Milk [D]	14 ¼ c Beef Taco Meat (1.5 oz meat) [T] 1 Tbsp Shredded Cheddar Cheese [D] 1oz Hard WG Taco Shell [C] EHS 1 oz WG Tortilla [G][S] ½ c Shredded Romaine PC Salsa [T] ½ Banana ¾ c Milk [D]	15 2 Chicken Tenders 2 oz [G][S][C] PC Marinara Sauce [T] 1 WG Breadstick (1.2 oz) [G][S][D][E] ¼ c Baby Carrots ½ Apple ¾ c Milk [D]
16 2 Chicken Tenders 2 oz [G][S][C] PC Marinara Sauce [T] 1 WG Breadstick (1.2 oz) [G][S][D][E] ¼ c Baby Carrots ½ Apple ¾ c Milk [D]	17 2 Chicken Tenders 2 oz [G][S][C] PC Marinara Sauce [T] 1 WG Breadstick (1.2 oz) [G][S][D][E] ¼ c Baby Carrots ½ Apple ¾ c Milk [D]	18 2 Chicken Tenders 2 oz [G][S][C] PC Marinara Sauce [T] 1 WG Breadstick (1.2 oz) [G][S][D][E] ¼ c Baby Carrots ½ Apple ¾ c Milk [D]	19 2 Chicken Tenders 2 oz [G][S][C] PC Marinara Sauce [T] 1 WG Breadstick (1.2 oz) [G][S][D][E] ¼ c Baby Carrots ½ Apple ¾ c Milk [D]	20 2 Chicken Tenders 2 oz [G][S][C] PC Marinara Sauce [T] 1 WG Breadstick (1.2 oz) [G][S][D][E] ¼ c Baby Carrots ½ Apple ¾ c Milk [D]
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