

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Make Your Own Wrap

- 1 oz Turkey (2 Slices) [G] [S]
2 Tbsp Hummus [SE]
½ oz Cheddar Cheese [D]
1 WG Flour Tortilla (1 oz) [G] [S]
½ c Spinach Salad w Italian [S][C]
¼ c Pears
¾ c Milk [D]

- 1 Chicken Patty [G][S][C]
1 WG Bun (1.8 oz) [G][S]
¼ c Three Bean Salad
¼ c Tropical Fruit Salad
¾ c Milk [D]

- 2 oz Meatloaf [D][G][T][S][C]
1 WG Corn Muffin (1 oz) [E][G][S][C]
¼ c Cheesy Mashed Potatoes [D]
¼ c Honeydew EHS Diced
¾ c Milk [D]

- Asian**
¼ c Honey Glazed Chicken (1.5 oz meat)
#16 [G][S]
¼ c Brown WG Rice (½ oz grain)
¼ c Broccoli w Ranch [D][E][G]
¼ c Mandarin Oranges
¾ c Milk [D]

- ½ c Macaroni & Cheese [D][E][G][S][C]
• ¼ oz Cheese; ¼ c WG Noodles
¾ c Vegetarian Baked Beans [C]
½ c Spinach Salad w Italian [S][C]
¼ c Peaches
¾ c Milk [D]

Make Your Own Pizza

- ½ WW English Muffin [D][G][S] 1 oz
2 TBSP Shredded Mozzarella Cheese [D]
1 oz String Cheese [D]
¼ c Tomato Sauce [T] (Hot)
½ c Spinach Salad w Italian [S][C]
¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple)
¾ c Milk [D]

- 2 oz Oven Fried Chicken Leg [G][S]
1 WG Wheat Roll [G][S][C] (1 oz)
¼ c Glazed Carrots [D][CN][S]
¼ c Apple Slices (2-3)
¾ c Milk [D]

- 2 oz CN Hamburger Patty [S][C]
1 WG Bun (1.8 oz) [G][S]
½ c Spinach Salad w Ranch [D][E][G]
¼ c Cantaloupe
¾ c Milk [D]

- Make Your Own Joe**
½ c Bean Sloppy Joe (2 oz meat alternate) #8 [T][C]
1 WG Bun (1.8 oz) [G][S]
¼ c Cole Slaw [E][S][C]
2 Orange Wedges
¾ c Milk [D]

- ¾ 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]

- 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]

Mediterranean Cold Lunches

- ¼ c Seasoned Chicken Strips (2 oz)
½ WG Pita (1 oz) [G][S][D][E]
1 Tbsp Hummus
¼ c Three Bean Salad
¼ c Tropical Fruit Salad
¾ c Milk [D]

- ½ c Beef & Bean Chili [T][C]
2 oz meat/meat alternate
1 oz Cornbread [E][G][S][C]
½ c Romaine with Ranch [D][E][G]
2 Orange Wedges
¾ c Milk [D]

- 3 oz WG Fish Fillet [D][G][C][F] (1.5 oz M/M)
¼ c Bolivian Rice (½ oz Grain) [D]
½ c Spinach Salad w Italian [S][C]
¼ c Honeydew
¾ c Milk [D]

Make Your Own Burrito

- 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 Shredded Lettuce
¼ c Pineapple
¾ c Milk [D]



Presidents' Day

- Italian**
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]

- ½ c Beef & Macaroni Pasta Bake #8 [G]
• 2 oz beef, ¼ c WG noodles (1.3 oz)
¼ c Broccoli w Ranch [D][E][G]
¼ c Pineapple
¾ c Milk [D]

- 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]

- Make Your Own Taco**
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 Lettuce
PC Salsa [T]
½ Banana
¾ c Milk [D]