



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH				Buen Apetito 2 ½ c Beef Picadillo #8 1 ½ oz Meat ¼ c WG Rice (½ oz Grain) 1/8 c Steamed Spinach 1/8 c Pears ½ c Milk <i>Veg: Bean Piccadillo</i>	Make Your Own Burrito 3 ¼ c Black Beans & 1/8 c Monterey Cheese 1 6 in WW Tortilla PC Mild Salsa 1/8 c Shredded Kale Blend 1/8 c Pineapple ½ c Milk <i>Veg: Same</i>
LUNCH	Italian 6 1 Chicken Tenders PC Marinara Sauce 1 WG Breadstick 1/8 c Steamed Baby Carrots 1/8 c Applesauce ½ c Milk <i>Veg: 2 Chix Tenders</i>	Fiesta Beans & Rice 7 ¼ c Red Beans ¼ c WG Rice 1/8 c Steamed Broccoli 1/8 c Pineapple ½ c Milk <i>Veg: Same</i>	Tooty Fruity Salad 8 1 Chicken Tenders 1 oz WG Corn Muffin 1/8 c Steamed Greens 1/8 c Tropical Fruit Salad ½ c Milk <i>Veg: 4 oz Yogurt 1 oz String Cheese</i>	Catch & Release Sandwich 9 3 oz WG CN Fish Fillet ¼ c WG Rice (½ oz Grain) 1/8 c Cole Slaw 1/8 c Honeydew ½ c Milk <i>Veg: 6 oz Yogurt</i>	Comfort Lunch 10 ½ c Macaroni & Cheese • ¼ oz Cheese; ¼ c WG Noodles ½ oz ¼ c Vegetarian Baked Beans 1/8 c Steamed Zucchini 1/8 c Peaches ½ c Milk <i>Veg: Same</i>
LUNCH	½ oz Turkey (1 Slices) 13 ½ oz SI Cheddar Cheese 1 WG Bread 1/8 c 3 Bean Salad 1/8 c Tropical Fruit Salad ¾ c Milk <i>Veg: ½ c Yogurt 1 oz m/ma & 1 oz String Cheese 1 oz m/ma</i>	Use Your Noodle Bake 14 ½ c Beef & Macaroni Pasta Bake #8 • 2 oz Beef, ¼ c WG Noodles(½ oz) 1/8 c Diced Cucumber w Ranch 1/8 c Mandarin Oranges ½ c Milk <i>Veg: Veg: ½ c Cheesy Macaroni Pasta Bake w 1 Mozzarella Cheese Stick</i>	Chili Tater 15 ½ c Chili con Carne 1 oz WG Corn Muffin 1/8 c Roasted Potatoes 1/8 c Pears ½ c Milk <i>Veg: ½ c Vegetarian Chili</i>	Asian 16 ¼ c Honey Glazed Chicken (1.5 oz meat) #16 ¼ c Brown WG Rice 1/8 c Steamed Broccoli 1/8 c Mandarin Oranges ½ c Milk <i>Veg: 2 Honey Glazed Chickenless Nuggets*</i>	Make Your Own Pizza 17 ½ WW English Muffin 1 oz 2 TBSP Shredded Cheese 1 oz String Cheese ¼ c Marinara Sauce (Hot) 1/8 c Steamed Zucchini 1/8 c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ½ c Milk <i>Veg: Same</i>
LUNCH	MARTIN LUTHER KING DAY NO SCHOOL 20	Let's have a Picnic 21 2 oz CN Hamburger Patty 1 WG Bun 1/8 c Diced Cucumber 1/8 c Cantaloupe ½ c Milk <i>Veg: ¼ c Hummus(1.5 m/ma) in WG 1 oz Pita</i>	Finger Lickin Good 22 1 Tyson Chicken Tenders (1 oz m/ma) 1 oz Cornbread 1/8 c Steamed Broccoli 1/8 c Mandarin Oranges ½ c Milk <i>Veg: 2 Dr Praegers Chicken sub nuggets 2 oz m/ma</i>	Make Your Own Tuna Boat 23 1/8 c Tuna Fish ½ slice Cheddar Cheese on the angle ½ WG Hot Dog Bun 1/8 c Zucchini Sticks 1/8 c Honeydew ½ c Milk <i>Veg: ¼ c Chickpea salad</i>	Tooty Fruity Salad 24 1 Cheese Manicotti w Tomato Basil Sauce 1 ½ oz Cheese, 2 oz WG Grain (2.75 oz) 1/8 c Steamed Yellow Squash 1/8 c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ½ c Milk <i>Veg: Same</i>
LUNCH	Breakfast for Lunch 27 1 WG French Toast Bites w Syrup 2 Turkey Sausage Bites 1/8 c Home Fried Potatoes 1/8 c Honeydew ½ c Milk <i>Veg: 1 Hard Boiled Egg (2 oz m/ma)</i>	Stick to Your Ribs 28 2 Meatballs w Marinara Sauce ¼ c WG Penne Pasta PC Parmesan Cheese 1/8 c Steamed Petite Broccoli 1/8 c Applesauce ½ c Milk <i>Veg: 2 Veggie Meatballs</i>	Arroz con Pollo 29 ¼ c Diced Chicken w 1/8c Vegetables (Bell Pepper, Onion Tomatoes) ¼ c WG Rice 1/8 c Pineapple ½ c Milk <i>Veg: 2 Chickless Nuggets</i>	Buen Apetito 30 ½ c Beef Picadillo #8 1 ½ oz Meat ¼ c WG Rice (½ oz Grain) 1/8 c Steamed Spinach 1/8 c Pears ½ c Milk <i>Veg: Bean Piccadillo</i>	Make Your Own Burrito 31 ¼ c Black Beans & 1/8 c Monterey Cheese 1 6 in WW Tortilla PC Mild Salsa 1/8 c Shredded Kale Blend 1/8 c Pineapple ½ c Milk <i>Veg: Same</i>