


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH					<p>1</p> <p>½ c Macaroni & Cheese ¼ oz Cheese; ¼ c WG Noodles ½ oz</p> <p>3/8 c Vegetarian Baked Beans</p> <p>½ c Spinach Salad w Italian</p> <p>¼ c Peaches</p> <p>¾ c Milk</p> <p><i>Veg: Same</i></p>
	<p>Make Your Own Wrap 4</p> <p>1 oz Turkey (2 Slices)</p> <p>2 Tbsp Hummus</p> <p>½ oz Cheddar Cheese</p> <p>1 WG Flour Tortilla (1 oz)</p> <p>½ c Spinach Salad w Italian</p> <p>¼ c Pears</p> <p>¾ c Milk</p> <p><i>Veg: ½ Veggie Wrap (1 ½ oz Fresh Mozzarella and ½ oz Hummus)</i></p>	<p>5</p> <p>Chicken Patty w Ketchup</p> <p>• 2 oz Chicken</p> <p>1 WG Bun (1.8 oz)</p> <p>¼ c Three Bean Salad</p> <p>¼ c Tropical Fruit Salad</p> <p>¾ c Milk</p> <p><i>Veg: Black Bean Patty* w Ketchup</i></p>	<p>6</p> <p>2 oz Meatloaf</p> <p>1 WG Corn Muffin (1 oz)</p> <p>¼ c Cheesy Mashed Potatoes</p> <p>¼ c Honeydew</p> <p>¾ c Milk</p> <p><i>Veg: Black Bean Patty* w Ketchup</i></p>	<p>7</p> <p>Asian</p> <p>¼ c Honey Glazed Chicken (1.5 oz meat) #16</p> <p>¼ c Brown WG Rice (½ oz grain)</p> <p>¼ c Broccoli w Ranch</p> <p>¼ c Mandarin Oranges</p> <p>¾ c Milk</p> <p><i>Veg: 3 Honey Glazed Chickenless Nuggets*</i></p>	<p>8</p> <p>Make Your Own Pizza</p> <p>½ WW English Muffin 1 oz</p> <p>2 TBSP Shredded Mozzarella Cheese</p> <p>1 oz String Cheese</p> <p>¼ c Marinara Sauce (Hot)</p> <p>½ c Spinach Salad w Italian</p> <p>¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple)</p> <p>¾ c Milk</p> <p><i>Veg: Same</i></p>
	<p>11</p> <p>2 oz Oven Fried Chicken Leg</p> <p>1 WG Wheat Roll (1 oz)</p> <p>¼ c Glazed Carrots</p> <p>¼ c Apple Slices (2-3)</p> <p>¾ c Milk</p> <p><i>Veg: 3 Chickenless Nuggets* w Ketchup</i></p>	<p>12</p> <p>2 oz CN Hamburger Patty</p> <p>1 WG Bun (1.8 oz)</p> <p>½ c Spinach Salad w Ranch</p> <p>¼ c Cantaloupe</p> <p>¾ c Milk</p> <p><i>Veg: Vegetarian Black Bean Burger*</i></p>	<p>13</p> <p>Make Your Own Joe</p> <p>½ c Bean Sloppy Joe (2 oz meat alternate) #8</p> <p>1 WG Bun (1.8 oz)</p> <p>¼ c Cole Slaw</p> <p>2 Orange Wedges</p> <p>¾ c Milk</p> <p><i>Veg: Same</i></p>	<p>14</p> <p>½ c Beef Picadillo #8 (1 ½ oz meat)</p> <p>¼ c WG Rice (½ oz Grain)</p> <p>¼ c Broccoli w Creamy Italian Dip</p> <p>¼ c Pears</p> <p>¾ c Milk</p> <p><i>Veg: 1 Lasagna Roll - Up</i></p>	<p>15</p> <p>1 Cheese Manicotti (2.75oz) w Tomato Basil (1 ½ oz cheese 2 oz WG grain)</p> <p>½ c Romaine Salad w Ranch</p> <p>¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple)</p> <p>¾ c Milk</p> <p><i>Veg: Same</i></p>
	 <p>18</p> <p>Presidents' Day</p>	<p>19</p> <p>Mediterranean Cold Menu</p> <p>¼ c Seasoned Chicken Strips (2 oz)</p> <p>½ WG Pita (1 oz)</p> <p>1 Tbsp Hummus</p> <p>¼ c Three Bean Salad</p> <p>¼ c Tropical Fruit Salad</p> <p>¾ c Milk</p> <p><i>Veg: 3/8 c Chickpeas</i></p>	<p>20</p> <p>½ c Beef & Bean Chili 2 oz meat/meat alternate</p> <p>1 oz Cornbread</p> <p>½ c Romaine with Ranch</p> <p>2 Orange Wedges</p> <p>¾ c Milk</p> <p><i>Veg: Vegetarian Chili</i></p>	<p>21</p> <p>3 oz WG Fish Fillet (1.5 oz M/MA)</p> <p>¼ c Bolivian Rice (½ oz Grain)</p> <p>½ c Spinach Salad w Italian</p> <p>¼ c Honeydew</p> <p>¾ c Milk</p> <p><i>Veg: 6 oz Yogurt</i></p>	<p>22</p> <p>Make Your Own Burrito</p> <p>¼ c Black Beans & 1/8 c Monterrey Cheese</p> <p>1-6 in WW Tortilla (1 oz)</p> <p>PC Mild Salsa</p> <p>½ c Shredded Lettuce</p> <p>¼ c Pineapple</p> <p>¾ c Milk</p> <p><i>Veg: Same</i></p>
	<p>Italian 25</p> <p>2 Chicken Tenders 2 oz</p> <p>PC Marinara Sauce</p> <p>1 WG Breadstick (1.2 oz)</p> <p>¼ c Baby Carrots</p> <p>½ Apple</p> <p>¾ c Milk</p> <p><i>Veg: 2 Chix Tenders</i></p>	<p>26</p> <p>½ c Beef & Macaroni Pasta Bake #8 • 2 oz beef, ¼ c WG noodles(½ oz)</p> <p>¼ c Broccoli w Ranch</p> <p>¼ c Pineapple</p> <p>¾ c Milk</p> <p><i>Veg: ½ c Cheesy Macaroni Pasta Bake w 1 Mozzarella Cheese Stick</i></p>	<p>27</p> <p>2 oz Oven Fried Chicken Leg</p> <p>1 oz WG Corn Muffin</p> <p>¼ c Cole Slaw</p> <p>¼ c Honeydew</p> <p>¾ c Milk</p> <p><i>Veg: 3 Chickenless Nuggets* w Ketchup</i></p>	<p>28</p> <p>Make Your Own Taco</p> <p>¼ c Beef Taco Meat (1.5 oz meat)</p> <p>1 Tbsp Shredded Cheddar Cheese</p> <p>1oz Hard WG Taco Shell</p> <p>½ c Shredded Lettuce</p> <p>PC Salsa</p> <p>½ Banana</p> <p>¾ c Milk</p> <p><i>Veg: ½ c Black Beans</i></p>	