



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LUNCH</b>					<p>1 ½ c Macaroni &amp; Cheese ¼ oz Cheese; ¼ c <b>WG</b> Noodles ½ oz 3/8 c Vegetarian <b>Baked Beans</b> ½ c <b>Spinach</b> Salad w Italian ¼ c <b>Peaches</b> ¾ c Milk</p> <p><i>Veg: Same</i></p>
	<p><u>Make Your Own Wrap</u> 4 1 oz Turkey (2 Slices) 2 Tbsp <b>Hummus</b> ½ oz Slider Cheddar Cheese 1 <b>WG</b> Flour Tortilla (1 oz) ½ c <b>Spinach Salad</b> w Italian ¼ c <b>Pears</b> ¾ c Milk</p> <p><i>Veg: ½ Veggie Wrap (1 ½ oz Fresh Mozzarella and ½ oz Hummus)</i></p>	<p>5 Chicken Patty • 2 oz Chicken 1 <b>WG</b> Bun (1.8 oz) ¼ c <b>Three Bean Salad</b> ¼ c <b>Tropical Fruit Salad</b> ¾ c Milk</p> <p><i>Veg: Black Bean Patty*</i></p>	<p>6 2 oz Meatloaf 1 <b>WG</b> Corn Muffin (1 oz) ¼ c Cheesy Mashed Potatoes ¼ c <b>Honeydew</b> ¾ c Milk</p> <p><i>Veg: Black Bean Patty*</i></p>	<p><u>Asian</u> 7 ¼ c Honey Glazed Chicken (1.5 oz meat) #16 ¼ c <b>Brown WG</b> Rice (½ oz grain) ¼ c <b>Broccoli</b> w Ranch ¼ c <b>Mandarin Oranges</b> ¾ c Milk</p> <p><i>Veg: 3 Honey Glazed Chickenless Nuggets*</i></p>	<p><u>Make Your Own Pizza</u> 8 ½ <b>WW</b> English Muffin 1 oz 2 TBSP Shredded Mozzarella Cheese 1 oz String Cheese ¼ c Marinara Sauce (<b>Hot</b>) ½ c <b>Spinach Salad</b> w Italian ¼ c <b>Fresh Fruit Salad</b> (Honeydew, Cantaloupe, Pineapple) ¾ c Milk</p> <p><i>Veg: Same</i></p>
	<p>11 2 oz Oven Fried Chicken Leg 1 <b>WG</b> Wheat Roll (1 oz) ¼ c <b>Glazed Carrots</b> ¼ c <b>Apple Slices</b> (2-3) ¾ c Milk</p> <p><i>Veg: 3 Chickenless Nuggets*</i></p>	<p>12 2 oz CN Hamburger Patty 1 <b>WG</b> Bun (1.8 oz) ½ c <b>Spinach Salad</b> w Ranch ¼ c <b>Cantaloupe</b> ¾ c Milk</p> <p><i>Veg: Vegetarian Black Bean Burger*</i></p>	<p><u>Make Your Own Joe</u> 13 ½ c <b>Bean Sloppy Joe</b> (2 oz meat alternate) #8 1 <b>WG</b> Bun (1.8 oz) ¼ c Cole Slaw 2 <b>Orange Wedges</b> ¾ c Milk</p> <p><i>Veg: Same</i></p>	<p>14 ½ c Beef Picadillo #8 (1 ½ oz meat) ¼ c <b>WG</b> Rice (½ oz Grain) ¼ c <b>Broccoli</b> w Creamy Italian Dip ¼ c <b>Pears</b> ¾ c Milk</p> <p><i>Veg: 1 Lasagna Roll - Up</i></p>	<p>15 1 Cheese Manicotti (2.75oz) w Tomato Basil (1 ½ oz cheese 2 oz <b>WG</b> grain) ½ c <b>Romaine Salad</b> w Ranch ¼ c <b>Fresh Fruit Salad</b> (Honeydew, Cantaloupe, Pineapple) ¾ c Milk</p> <p><i>Veg: Same</i></p>
	<p>18 3 Meatballs (1.5 oz) with Marinara Sauce ¼ c <b>WG</b> Penne (½ oz) PC Parmesan Cheese ¼ c <b>Baby Carrots</b> w Veggie Dip ½ <b>Apple</b> ¾ c Milk</p> <p><i>Veg: 3 Veggie Meatballs</i></p>	<p><u>Mediterranean Cold Menu</u> 19 ¼ c Seasoned Chicken Strips (2 oz) ½ <b>WG</b> Pita (1 oz) 1 Tbsp <b>Hummus</b> ¼ c <b>Petite Broccoli</b> w Italian ¼ c <b>Tropical Fruit Salad</b> ¾ c Milk</p> <p><i>Veg: 3/8 c Chickpeas</i></p>	<p>20 ½ c Beef &amp; <b>Bean</b> Chili 2 oz meat/meat alternate 1 oz Cornbread ½ c <b>Romaine</b> with Ranch 2 <b>Orange Wedges</b> ¾ c Milk</p> <p><i>Veg: Vegetarian Chili</i></p>	<p>21 3 oz <b>WG</b> Fish Fillet (1.5 oz MMA) ¼ c Bolivian Rice (½ oz Grain) ½ c <b>Spinach Salad</b> w Italian ¼ c <b>Honeydew</b> ¾ c Milk</p> <p><i>Veg: 6 oz Yogurt</i></p>	<p><u>Make Your Own Burrito</u> 22 ¼ c <b>Black Beans</b> &amp; 1/8 c Monterey Cheese 1-6 in <b>WW</b> Tortilla (1 oz) PC Mild Salsa ½ c Shredded <b>Lettuce</b> ¼ c <b>Pineapple</b> ¾ c Milk</p> <p><i>Veg: Same</i></p>
	<p><u>Italian</u> 25 2 Chicken Tenders 2 oz PC Marinara Sauce 1 <b>WG</b> Breadstick (1.2 oz) ¼ c <b>Baby Carrots</b> ½ <b>Apple</b> ¾ c Milk</p> <p><i>Veg: 2 Chix Tenders</i></p>	<p>26 ½ c Beef &amp; Macaroni Pasta Bake #8 • 2 oz beef, ¼ c <b>WG</b> noodles(½ oz) ¼ c <b>Broccoli</b> w Ranch ¼ c <b>Pineapple</b> ¾ c Milk</p> <p><i>Veg: ½ c Cheesy Macaroni Pasta Bake w 1 Mozzarella Cheese Stick</i></p>	<p>27 2 oz Oven Fried Chicken Leg 1 oz <b>WG</b> Corn Muffin ¼ c Cole Slaw ¼ c <b>Honeydew</b> ¾ c Milk</p> <p><i>Veg: 3 Chickenless Nuggets*</i></p>	<p><u>Make Your Own Taco</u> 28 ¼ c Beef Taco Meat (1.5 oz meat) 1 Tbsp Shredded Cheddar Cheese 1oz Hard <b>WG</b> Taco Shell ½ c Shredded <b>Lettuce</b> PC Salsa ½ <b>Banana</b> ¾ c Milk</p> <p><i>Veg: ½ c Black Beans</i></p>	<p>29 ½ c Macaroni &amp; Cheese ¼ oz Cheese; ¼ c <b>WG</b> Noodles ½ oz 3/8 c Vegetarian <b>Baked Beans</b> ½ c <b>Spinach</b> Salad w Italian ¼ c <b>Peaches</b> ¾ c Milk</p> <p><i>Veg: Same</i></p>