



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	<p><u>Make Your Own Wrap</u> 1</p> <p>1 oz Turkey (2 Slices) 2 Tbsp Hummus ½ oz Slider Cheddar Cheese 1 WG Flour Tortilla (1 oz) ½ c Spinach Salad w Italian ¼ c Pears ¾ c Milk</p> <p><i>Veg: ½ Veggie Wrap (1 ½ oz Fresh Mozzarella and ½ oz Hummus)</i></p>	<p>1 Chicken Patty 2 • 2 oz Chicken</p> <p>1 WG Bun (1.8 oz) ¼ c Three Bean Salad ¼ c Tropical Fruit Salad ¾ c Milk</p> <p><i>Veg: Black Bean Patty*</i></p>	<p>2 oz Meatloaf 3 1 WG Corn Muffin (1 oz) ¼ c Cheesy Mashed Potatoes ¼ c Honeydew ¾ c Milk</p> <p><i>Veg: Black Bean Patty*</i></p>	<p><u>Asian</u> 4</p> <p>¼ c Honey Glazed Chicken (1.5 oz meat) #16 ¼ c Brown WG Rice (½ oz grain) ¼ c Broccoli w Ranch ¼ c Mandarin Oranges ¾ c Milk</p> <p><i>Veg: 3 Honey Glazed Chickenless Nuggets*</i></p>	<p><u>Make Your Own Pizza</u> 5</p> <p>½ WW English Muffin 1 oz 2 TBSP Shredded Mozzarella Cheese 1 oz String Cheese ¼ c Marinara Sauce (Hot) ½ c Spinach Salad w Italian ¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ¾ c Milk</p> <p><i>Veg: Same</i></p>
	<p>2 oz Oven Fried Chicken Leg 8 1 WG Wheat Roll (1 oz) ¼ c Glazed Carrots ¼ c Apple Slices (2-3) ¾ c Milk</p> <p><i>Veg: 3 Chickenless Nuggets*</i></p>	<p>2 oz CN Hamburger Patty 9 1 WG Bun (1.8 oz) ½ c Spinach Salad w Ranch ¼ c Cantaloupe ¾ c Milk</p> <p><i>Veg: Vegetarian Black Bean Burger*</i></p>	<p><u>Make Your Own Joe</u> 10</p> <p>½ c Bean Sloppy Joe (2 oz meat alternate) #8 1 WG Bun (1.8 oz) ¼ c Cole Slaw 2 Orange Wedges ¾ c Milk</p> <p><i>Veg: Same</i></p>	<p>11</p> <p>½ c Beef Picadillo #8 (1 ½ oz meat) ¼ c WG Rice (½ oz Grain) ¼ c Broccoli w Creamy Italian Dip ¼ c Pears ¾ c Milk</p> <p><i>Veg: 1 Lasagna Roll - Up</i></p>	<p>12</p> <p>1 Cheese Manicotti (2.75oz) w Tomato Basil (1 ½ oz cheese 2 oz WG grain) ½ c Romaine Salad w Ranch ¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ¾ c Milk</p> <p><i>Veg: Same</i></p>
	<p>15</p> <p>3 Meatballs (1.5 oz) with Marinara Sauce ¼ c WG Penne (½ oz) PC Parmesan Cheese ¼ c Baby Carrots w Veggie Dip ½ Apple ¾ c Milk</p> <p><i>Veg: 3 Veggie Meatballs</i></p>	<p><u>Mediterranean Cold Menu</u> 16</p> <p>¼ c Seasoned Chicken Strips (2 oz) ½ WG Pita (1 oz) 1 Tbsp Hummus ¼ c Petite Broccoli w Italian ¼ c Tropical Fruit Salad ¾ c Milk</p> <p><i>Veg: 3/8 c Chickpeas</i></p>	<p>17</p> <p>½ c Beef & Bean Chili 2 oz meat/meat alternate 1 oz Cornbread ½ c Romaine with Ranch 2 Orange Wedges ¾ c Milk</p> <p><i>Veg: Vegetarian Chili</i></p>	<p>18</p> <p>3 oz WG Fish Fillet (1.5 oz MMA) ¼ c Bolivian Rice (½ oz Grain) ½ c Spinach Salad w Italian ¼ c Honeydew ¾ c Milk</p> <p><i>Veg: 6 oz Yogurt</i></p>	<p><u>Make Your Own Burrito</u> 19</p> <p>¼ c Black Beans & 1/8 c Monterrey Cheese 1-6 in WW Tortilla (1 oz) PC Mild Salsa ½ c Shredded Lettuce ¼ c Pineapple ¾ c Milk</p> <p><i>Veg: Same</i></p>
	<p><u>Italian</u> 22</p> <p>2 Chicken Tenders 2 oz PC Marinara Sauce 1 WG Breadstick (1.2 oz) ¼ c Baby Carrots ½ Apple ¾ c Milk</p> <p><i>Veg: 2 Chix Tenders</i></p>	<p>23</p> <p>½ c Beef & Macaroni Pasta Bake #8 • 2 oz beef, ¼ c WG noodles(½ oz) ¼ c Broccoli w Ranch ¼ c Pineapple ¾ c Milk</p> <p><i>Veg: ½ c Cheesy Macaroni Pasta Bake w 1 Mozzarella Cheese Stick</i></p>	<p>24</p> <p>2 oz Oven Fried Chicken Leg 1 oz WG Corn Muffin ¼ c Cole Slaw ¼ c Honeydew ¾ c Milk</p> <p><i>Veg: 3 Chickenless Nuggets*</i></p>	<p><u>Make Your Own Taco</u> 25</p> <p>¼ c Beef Taco Meat (1.5 oz meat) 1 Tbsp Shredded Cheddar Cheese 1oz Hard WG Taco Shell ½ c Shredded Lettuce PC Salsa ½ Banana ¾ c Milk</p> <p><i>Veg: ½ c Black Beans</i></p>	<p>26</p> <p>½ c Macaroni & Cheese ¼ oz Cheese; ¼ c WG Noodles ½ oz 3/8 c Vegetarian Baked Beans ½ c Spinach Salad w Italian ¼ c Peaches ¾ c Milk</p> <p><i>Veg: Same</i></p>
	<p><u>Make Your Own Wrap</u> 29</p> <p>1 oz Turkey (2 Slices) 2 Tbsp Hummus ½ oz Slider Cheddar Cheese 1 WG Flour Tortilla (1 oz) ½ c Spinach Salad w Italian ¼ c Pears ¾ c Milk</p> <p><i>Veg: ½ Veggie Wrap (1 ½ oz Fresh Mozzarella and ½ oz Hummus)</i></p>	<p>30</p> <p>1 Chicken Patty • 2 oz Chicken</p> <p>1 WG Bun (1.8 oz) ¼ c Three Bean Salad ¼ c Tropical Fruit Salad ¾ c Milk</p> <p><i>Veg: Black Bean Patty*</i></p>			