



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	<p>Italian 2</p> <p>1 Chicken Tenders PC Marinara Sauce 1 WG Breadstick 1/8 c Steamed Baby Carrots 1/8 c Applesauce 1/2 c Milk</p> <p><i>Veg: 2 Chix Tenders</i></p>	<p>Fiesta Beans & Rice 3</p> <p>1/4 c Red Beans 1/4 c WG Rice 1/8 c Steamed Broccoli 1/8 c Pineapple 1/2 c Milk</p> <p><i>Veg: Same</i></p>	<p>Tooty Fruity Salad 4</p> <p>1 Chicken Tenders 1 oz Corn Muffin 1/8 c Steamed Greens 1/8 c Tropical Fruit Salad 1/2 c Milk</p> <p><i>Veg: 4 oz Yogurt 1 oz String Cheese</i></p>	<p>Catch & Release Sandwich 5</p> <p>3 oz WG CN Fish Fillet 1/4 c WG Rice (1/2 oz Grain) 1/8 c Cole Slaw 1/8 c Honeydew 1/2 c Milk</p> <p><i>Veg: 6 oz Yogurt</i></p>	<p>Comfort Lunch 6</p> <p>1/2 c Macaroni & Cheese • 1/4 oz Cheese; 1/4 c WG Noodles 1/2 oz 1/4 c Vegetarian Baked Beans 1/8 c Steamed Zucchini 1/8 c Peaches 1/2 c Milk</p> <p><i>Veg: Same</i></p>
	<p>9</p> <p>1/2 oz Turkey (1 Slices) 1/2 oz SI Cheddar Cheese 1 WG Bread 1/8 c 3 Bean Salad 1/8 c Tropical Fruit Salad 3/4 c Milk</p> <p><i>Veg: 1/2 c Yogurt 1 oz m/ma & 1 oz String Cheese 1 oz m/ma</i></p>	<p>Use Your Noodle Bake 10</p> <p>1/2 c Beef & Macaroni Pasta Bake #8 • 2 oz Beef, 1/4 c WG Noodles (1/2 oz) 1/8 c Diced Cucumber w Ranch 1/8 c Mandarin Oranges 1/2 c Milk</p> <p><i>Veg: Veg: 1/2 c Cheesy Macaroni Pasta Bake w 1 Mozzarella Cheese Stick</i></p>	<p>Chili Tater 11</p> <p>1/2 c Chili con Carne 1 oz Corn Muffin 1/8 c Roasted Potatoes 1/8 c Pears 1/2 c Milk</p> <p><i>Veg: 1/2 c Vegetarian Chili</i></p>	<p>Asian 12</p> <p>1/4 c Honey Glazed Chicken (1.5 oz meat) #16 1/4 c Brown WG Rice 1/8 c Steamed Broccoli 1/8 c Mandarin Oranges 1/2 c Milk</p> <p><i>Veg: 2 Honey Glazed Chickenless Nuggets*</i></p>	<p>Make Your Own Pizza 13</p> <p>1/2 WW English Muffin 1 oz 2 TBSP Shredded Cheese 1 oz String Cheese 1/4 c Marinara Sauce (Hot) 1/8 c Steamed Zucchini 1/8 c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) 1/2 c Milk</p> <p><i>Veg: Same</i></p>
	<p>A Taste of the South 16</p> <p>1 Chicken Tenders 1 Wheat Roll 1/8 c Black Eyed Peas 1/8 c Applesauce 1/2 c Milk</p> <p><i>Veg: 2 Chickenless Nuggets*</i></p>	<p>Let's have a Picnic 17</p> <p>2 oz CN Hamburger Patty 1 WG Bun 1/8 c Diced Cucumber 1/8 c Cantaloupe 1/2 c Milk</p> <p><i>Veg: 1/4 c Hummus (1.5 m/ma) in WG 1 oz Pita</i></p>	<p>Finger Lickin Good 18</p> <p>1 Tyson Chicken Tenders (1 oz m/ma) 1 oz Cornbread 1/8 c Steamed Broccoli 1/8 c Mandarin Oranges 1/2 c Milk</p> <p><i>Veg: 2 Dr Praegers Chicken sub nuggets 2 oz m/ma</i></p>	<p>Make Your Own Tuna Boat 19</p> <p>1/8 c Tuna Fish 1/2 slice Cheddar Cheese on the angle 1/2 WG Hot Dog Bun 1/8 c Zucchini Sticks 1/8 c Honeydew 1/2 c Milk</p> <p><i>Veg: 1/4 c Chickpea salad</i></p>	<p>Tooty Fruity Salad 20</p> <p>1 Cheese Manicotti w Tomato Basil Sauce 1 1/2 oz Cheese, 2 oz WG Grain (2.75 oz) 1/8 c Steamed Yellow Squash 1/8 c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) 1/2 c Milk</p> <p><i>Veg: Same</i></p>
	<p>Breakfast for Lunch 23</p> <p>1 WG French Toast Bites w Syrup 2 Turkey Sausage Bites 1/8 c Home Fried Potatoes 1/8 c Applesauce 1/2 c Milk</p> <p><i>Veg: 1 Hard Boiled Egg (2 oz m/ma)</i></p>	<p>Stick to Your Ribs 24</p> <p>2 Meatballs w Marinara Sauce 1/4 c WG Penne Pasta PC Parmesan Cheese 1/8 c Steamed Petite Broccoli 1/8 c Honeydew 1/2 c Milk</p> <p><i>Veg: 2 Veggie Meatballs</i></p>	<p>Arroz con Pollo (Chicken & Rice) 25</p> <p>1/4 c Diced Chicken w 1/8c Vegetables (Bell Pepper, Onion Tomatoes) 1/4 c WG Rice 1/8 c Pineapple 1/2 c Milk</p> <p><i>Veg: 2 Chickless Nuggets</i></p>	<p>Buen Apetito 26</p> <p>1/2 c Beef Picadillo #8 1 1/2 oz Meat 1/4 c WG Rice (1/2 oz Grain) 1/8 c Steamed Spinach 1/8 c Pears 1/2 c Milk</p> <p><i>Veg: Bean Piccadillo</i></p>	<p>Make Your Own Burrito 27</p> <p>1/4 c Black Beans & 1/8 c Monterrey Cheese 1 6 in WW Tortilla 1/2 oz Mild Salsa 1/8 c Shredded Kale Blend 1/8 c Pineapple 1/2 c Milk</p> <p><i>Veg: Same</i></p>
	<p>Italian 30</p> <p>1 Chicken Tenders PC Marinara Sauce 1 WG Breadstick 1/8 c Steamed Baby Carrots 1/8 c Applesauce 1/2 c Milk</p> <p><i>Veg: 2 Chix Tenders</i></p>	<p>Fiesta Beans & Rice 31</p> <p>1/4 c Red Beans 1/4 c WG Rice 1/8 c Steamed Broccoli 1/8 c Pineapple 1/2 c Milk</p> <p><i>Veg: Same</i></p>			