

ALL MEALS INCLUDE 8OZ 1%
LOW FAT MILK

| Week 5 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------|---|--|---|--|---|
| | 3 | 4 | 5 | 6 | 7 |
| | Cheeseburger 1/2 c Corn 1/2 c Baked Beans 4oz Juice WG Bun ketchup Packet | Crispy Chicken Nuggets W/ WG Bread 1/2 c Broccoli 1/2 c Carrot Coins 1/2 c Applesauce Cup BBQ Sauce Pkt | Lasagna w/ Marinara 1/2 c Mixed Vegetables Side Kick 1 WG Bread | Boneless Wings 1/2 c Parsley Potatoes 1/2 c Seasoned Green Beans 4 oz Juice BBQ Sauce WG Slice Bread | Turkey & Cheese Croissant 1/2 c Peas 1/2 c Cherry Tomatoes 1/2 c Mixed Fruit Cup Mayo and Ranch Dressing |
| Week 1 | 10 | 11 | 12 | 13 | 14 |
| | CLOSED | Chicken Corn Dog Nuggets 1/2 c Homefries 1/2 c Blended Mixed Veggies Apple Ketchup/ BBQ Pkt | Salisbury Steak w/ gravy 1/2 c Whipped Potatoes 1/2 c Carrots Fresh Apple 2 Whole Wheat Bread | Grilled Cheese Sandwich 1/2 c Parsley Potatoes 1/2 c Broccoli 4 oz. Juice Maple Syrup Cups BBQ sauce pkt | Macaroni & Cheese 1/2 c Peas 1/2 c Steamed Carrots 1/2c Applsauce Cup Soft Pretzel |
| Week 2 | 17 | 18 | 19 | 20 | 21 |
| | Beef Pepperoni Stuffer 1/2 c Sweet Potatoes 1/2c Corn 4oz Juice 1/2 c Marinara Dipping cup | Turkey Sausage & Pancake Bites 1/2 c Hash Brown Rounds 1/2 c Peas Craisins Syrup Cup | Walking Taco w/ Doritos 1/2 c Corn 4oz Juice 1/2 c Salsa | Breaded Chicken Tenders 1/2 c Broccoli 1/2 c Peas 4 oz. Juice WG Bread Slice | Wild Mikes Pizza 1/2 c Baked beans 1/2 c Green Beans Orange |
| Week 3 | 24 | 25 | 26 | 27 | 28 |
| | Cricpy Chicken Nuggets 1/2 c Corn 1/2c Marinara Dipping Sauce 1/2 c Mixed Fruit Cup WG Slice Bread | South West Pull Apart 1/2 c Sweet Potatoes 1/2 c Mixed Vegetables 4 oz Juice Syrup Cup | Cheeseburger on WG Bun 1/2 c Winter blend Vegetables 1/2 c Carrots 1/2 c Applesauce Cup ketchup & mustard Packet | Popcorn Chicken 1/2 c Green Beans 1/2 c Corn Side Kick WG Bread Slice | Meatloaf w/gravy 1/2 c Whipped Potatoes 1/2 c Baked Beans Craisins WG Dinner Roll |
| Week 4 | 31 | | | | |
| | (A) Cheesy Calzone 1/2 c Peas 1/2c Corn 1/2c Strawberry Banana Applesauce cup | | | | |