

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B 45 Lunch Cold Snack	30 Mini Bagels w/Cinnamon Cream Cheese	1 Egg & Cheese Burrito	2 Coco Puffs & WG Crackers	3 Pancakes (2) with Syrup	4 Coffee Cake & String Cheese
	85 Turkey Salad Sandwich with Carrot Sticks (1/2c) & Ranch	90 Beef Chili Cheese Tater Tots (3/4c) with Dinner Roll	90 Chicken Teriyaki with Brown Rice Pilaf (1c) & Steamed Broccoli & Carrots (1c)	90 Southwestern Chicken Bowl with Spanish Brown Rice (1c), Pinto Beans (1/2c) & Whole Kernel Corn (1/4c)	
	15 Chef Turkey & Ham Salad with a Wheat Dinner Roll	10 Santa Fe Chicken Salad with a Wheat Dinner Roll	10 Caesar Chicken Salad with a Wheat Dinner Roll		
	30 Vanilla Wafers	25 Oatmeal Cookie	30 Strawberry Sport Graham Cr	25 Blueberry Muffin	30 Orange Muffin
B 90 Lunch Cold Snack	7 Lemon Pepper Chicken with Brown Rice Pilaf (1/2c) & Mixed Vegetables (1c)	8 Bean & Cheese Burrito	9 Lucky Charms & WG Crackers	10 Cinnamon French Toast w/Syrup	11 Mexican Concha
	10 Chef Turkey & Ham Salad with a Wheat Dinner Roll	80 Chili Dog with Whole Kernel Corn (3/4c)	85 BBQ Chicken Sandwich on a Hoagie Roll with Green Salad (1 1/2c)	200 Beef & Cheese Nachos with Pinto Beans (3/4c)	
	25 Animal Crackers	15 Santa Fe Chicken Salad with a Wheat Dinner Roll	15 Caesar Chicken Salad with a Wheat Dinner Roll		
		30 Cinnamon Bites	25 Cheez-it Crackers	30 Jungle Crackers	25 Banana Muffin
B 150 Lunch Cold Snack	14 Mini Bagels w/Strawberry Cream Cheese	15 Multi Grain Cheerios & WG Crackers	16 Reduced Sugar Cinnamon Toast Crunch & WG Crackers	17 Waffles (2) with Syrup	18 WG Apple Cinnamon Donut
	20 Chef Turkey & Ham Salad with a Wheat Dinner Roll	195 Honey BBQ Chicken Wings with Dinner Roll & Mashed Potatoes (3/4c)	210 Pepperoni Pizza with Green Salad (2c)	190 Chicken Tamal with Pinto Beans (3/4c)	
	30 Chocolate Grixp Graham Bits	10 Santa Fe Chicken Salad with a Wheat Dinner Roll	10 Caesar Chicken Salad with a Wheat Dinner Roll		
		25 Oatmeal Cookie	30 Blueberry Lemon Bites	25 Strawberry Nutri-Grain Bar	30 Apple Muffin
B 90 Lunch Cold Snack	21 Yogurt & Graham Crackers	22 Lucky Charms & WG Crackers	23 Multi Grain Cheerios & WG Crackers	24 Pancakes (2) with Syrup	25 Sunbutter & Jelly Sandwich
	15 Chef Turkey & Ham Salad with a Wheat Dinner Roll	90 BBQ Chicken Sandwich on a Hoagie Roll with Basil Corn Salad (1/2c)	90 Lemon Pepper Chicken with Brown Rice Pilaf (1/2c) & Steamed Broccoli & Carrots (1c)	85 Turkey Salad Sandwich with Cilantro Bean Salad (1/2c)	
	25 Animal Crackers	10 Santa Fe Chicken Salad with a Wheat Dinner Roll	10 Caesar Chicken Salad with a Wheat Dinner Roll	30 Cinnamon Graham Bug Bites	30 Blueberry Muffin
		25 Goldfish Crackers	25 Scooby Doo Crackers		
B 85 Lunch Cold Snack	28 Mini Bagels w/Cinnamon Cream Cheese	29 Egg & Cheese Burrito	30 Coco Puffs & WG Crackers	31 Cinnamon French Toast w/Syrup	1 English Muffin & Jelly
	10 Chef Turkey & Ham Salad with a Wheat Dinner Roll	90 Sloppy Joe Sandwich with Mashed Potatoes (3/4c)	210 Pepperoni Pizza with Green Salad (2c)	200 Beef & Cheese Nachos with Pinto Beans (3/4c)	
	25 Vanilla Wafers	10 Santa Fe Chicken Salad with a Wheat Dinner Roll	30 Blueberry Nutri-Grain Bar	30 Blueberry Nutri-Grain Bar	30 Orange Muffin
		25 Oatmeal Cookie			

This institution is an equal opportunity provider.

Breakfast fruit/juice portions: 1 cup & Lunch fruit/juice portions: 1/2 cup (Juice cannot exceed 50% of total weekly servings.) Milk (1 Cup) (1%/Non-fat/Non-fat Choc)



School Notes:



“Eat Right, Be Bright!”

