

Pork, peanuts and/or tree nuts are not used in these menus. All juices are full-strength 100% fruit juice

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SUPPER				Breakfast for Lunch 1 4 Turkey Sausage Links (2.6 oz) w/ Ketchup 1 WG Pancake (1.23 oz) w/ Syrup ½ c Three Bean salad ½ c Pears 1 c Milk Veg: 4 Veggie Chik'n Nuggets (3 oz) w/ Ketchup	2 ¾ c Macaroni & Cheese (2 oz eq m/ma; 1 oz eq noodles) ½ c Broccoli Florets w/ Creamy Italian ½ c Honeydew 1 c Milk Veg: Same
BOX LUNCH				Make your Sub 3 Turkey Breast slices (0.7 oz) w/ Mayo & Mustard 1 WG Hamburger Bun (2.2 oz) ½ c Coleslaw ½ c Pears 1 c Milk Veg: Vegetarian Sub (2 oz Fresh Mozzarella cheese, tomato, lettuce, cucumber)	Make your Sandwich ½ c Chicken Salad 2 oz Diced Chicken 1 WG Bun (2 oz) ½ c Broccoli Florets w/ Creamy Italian ½ c Mandarin Orange 1 c Milk Veg: 2 oz Fresh Mozzarella Cheese
PM Snack				1 WG Animal Crackers (1 oz) ¾ c Cantaloupe	1 WG Simply Chex Snack Mix (1.03 oz) ¾ c Strawberries (alt. Blueberries)
SUPPER	5 4 Chicken Nuggets (3.2 oz) w/ Ketchup 1 WG Roll (1.13 oz) ½ c Mashed Potatoes ½ c Pears 1 c Milk Veg: 4 Veggie Chik'n Nuggets (3 oz) w/ Ketchup	6 1 Meatloaf (3.15oz) 1 WG Bun (2 oz) ½ c Chickpeas Salad w/ Diced Cucumbers ½ c Melon Salad 1 c Milk Veg: 1 Veggie Burger (3.5 oz) w/ BBQ Sauce	7 Make your Gyro ¼ c Grilled Chicken Strips (2 oz) with ¼ c Yogurt sauce 1 WG Flat Bread (1 oz) ½ c Collard Greens ½ c Mandarin Orange 1 c Milk Veg: 6 Veg Chick'n Tenders (5.4 oz)	8 ½ c Sloppy Joe (2 oz <i>Ground Beef</i>) 1 WG Bun (1.12) ½ c Mix Vegetables ½ c Tropical Fruit Salad (Papaya, Pineapple) 1 c Milk Veg: 3/4 c Soy protein Sloppy Joe	9 Make your Sandwich 1 Veggie Burger (3.5 oz) w/ Mayo 1 WG Bun (2 oz) ½ c Cucumber slices ½ c Apple slices 1 c Milk Veg: Same
BOX LUNCH	4 Chicken Nuggets (3.2 oz) w/ Ketchup 1 WG Roll (1.13 oz) 1 c Spinach & Shredded Carrots Salad w/ Italian ½ c Pears 1 c Milk Veg: Veg: 4 Veggie Chik'n Nuggets (3 oz) w/ Ketchup	Make your Chef Salad 2 oz Diced Turkey ½ Egg, Shredded Monterrey Cheese 1 WG Sliced Bread (1oz) 1 c Mix Salad w/ Diced Cucumbers 1 Banana 1 c Milk Veg: 1 Egg, ¼ c Shredded Monterrey Cheese	Make your Gyro ¼ c Grilled Chicken Strips (2 oz) with ¼ c Yogurt sauce 1 WG Flat Bread (1 oz) ½ c Cucumber-tomato salad ½ c Mandarin Orange 1 c Milk Veg: 6 Veg Chick'n Tenders (5.4 oz)	Make your Sandwich Roast Beef Sandwich 4 Roast Beef slices (2 oz) w/ Mustard 1 WG Bun (2 oz) ½ c Potato Salad ½ c Tropical Fruit Salad (Papaya, Pineapple) 1 c Milk Veg: Cheese Sandwich w/ 3 Cheddar Cheese slices (2.25 oz)	Make your Sandwich 3 Turkey Breast slices (2.1 oz) w/ Mayo & Mustard 1 WG Bun (2 oz) ½ c Cucumber slices ½ c Apple slices 1 c Milk Veg: 2 oz Fresh Mozzarella Cheese
PM Snack	1 String Cheese (1 oz) ¾ c Carrots w/ Veggie Dip	Make your Parfait ½ c Strawberry Yogurt 1 oz WG Nut Free Granola	2 Cheddar Cheese (1.5 oz) ¾ c Zucchini Sticks w/ Ranch	1 WG Blueberry Muffin (2 oz) ¾ c Pineapple Tidbits	1 WG Cinnamon Goldfish (0.9 oz) ¾ c Honeydew

Fresh Fruit Salad includes Pineapple, Cantaloupe and Honeydew. Seasonal rotation of fresh fruits available to include- Strawberries, Watermelon, Peaches, Whole Milk served to children 12 months-24 months; Low-Fat (1%) milk served to children over 2 years old. Serving Size: ½ c Milk for 1-2 years old; ¾ c Milk for 3-5 years old; 1 c Milk for 6-12 years old.

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SUPPER	<p>Make your Sandwich 12</p> <p>1 Crispy Chicken Patty (3.25 oz) w/ BBQ Sauce 1 WG Bun (2 oz) ½ c Diced Potatoes ½ c Tropical Fruit Salad (Papaya, Pineapple) 1 c Milk</p> <p>Veg: 1 Veggie Burger (3.5 oz) w/ BBQ Sauce</p>	<p>Beef Stir-fry w/ vegetables ¼ c Beef Slices (2 oz) ½ c WG Rice ½ c Asian Vegetables (Green Beans, Broccoli, Onions, Mushrooms, Red Pepper) ½ c Fresh Fruit Salad (Pineapple, Cantaloupe and Honeydew) 1 c Milk</p> <p>Veg: ½ c Stir-fry Tofu (4.4 oz)</p>	<p>2 Cheese Lasagna Roll-up (3.5 oz) WG Lasagna noodles (1 oz eq) 1 c Spinach & Shredded Carrots Salad w/ Italian ½ c Pears 1 c Milk</p> <p>Veg: Same</p>	<p>Make your Sandwich 15</p> <p>½ c Tuna Salad 2 oz Tuna Fish 1 WG Bun (2 oz) ½ c Broccoli Florets w/ Creamy Italian ½ c Fruit Mix (Pineapple, Peaches, Pears) 1 c Milk</p> <p>Veg: 2 oz Fresh Mozzarella Cheese</p>	<p>Make your Quesadilla 16</p> <p>½ c Black Beans w/ Salsa 2 oz Shredded Mozzarella 1 WW Tortilla (1 oz) ½ c Carrots w/ Veggie dip ½ c Honeydew 1 c Milk</p> <p>Veg: Same</p>
BOX LUNCH	<p>Make your Sandwich</p> <p>1 Crispy Chicken Patty (3.25 oz) w/ BBQ Sauce 1 WG Bun (2 oz) ½ c Pickled Beans ½ c Tropical Fruit Salad (Papaya, Pineapple) 1 c Milk</p> <p>Veg: 1 Veggie Burger (3.5 oz) w/ BBQ Sauce</p>	<p>Make your Wrap</p> <p>3 Turkey Breast slices (2.1 oz) 1 Sl. Cheddar Cheese 1 WW Tortilla (1 oz) ½ c Shredded Lettuce & ½ c Cucumber slices 1 Orange (1/2 c) 1 c Milk</p> <p>Veg: Vegetarian wrap (2 oz Fresh Mozzarella cheese, tomato, lettuce, cucumber)</p>	<p>Make Your Own Caesar Salad</p> <p>2 oz Chicken Strip 1 WG Roll (1.13oz) 1 c Tossed salad w/ Caesar Dressing 1 pc Parmesan Cheese ½ c Pears 1 c Milk</p> <p>Veg: Pasta salad w/ Shredded Mozzarella Cheese (2 oz) & Vegetables</p>	<p>Make your Sandwich</p> <p>½ c Tuna Salad (2oz) 1 WG Bun (2 oz) ½ c Broccoli Florets w/ Creamy Italian ½ c Fruit Mix (Pineapple, Peaches, Pears) 1 c Milk</p> <p>Veg: 2 oz Fresh Mozzarella Cheese</p>	<p>Make your Quesadilla</p> <p>½ c Black Beans w/ Salsa 2 oz Shredded Mozzarella 2 WW Tortilla (1 oz) ½ c Carrots w/ Veggie dip 1 Apple 1 c Milk</p> <p>Veg: Same</p>
PM Sna	<p>1 String Cheese (1 oz) ¾ c Carrots w/ Veggie Dip</p>	<p>Make your Parfait</p> <p>½ c Vanilla Yogurt ¾ c Pineapple Tidbits</p>	<p>WG Chips (1 oz) w/ Salsa Shredded Cheddar Cheese (1 oz)</p>	<p>1 WG Animal Crackers (1 oz) ¾ c Mango</p>	<p>1 WG Cheddar Cheese Cracker (0.9) ¾ c Apple Slices</p>
SUPPER	<p>2 Chicken Drumsticks (5 oz) w/ BBQ sauce 1 WG Roll (1.13 oz) ½ c Roasted Potatoes ½ c Fruit Mix (Pineapple, Peaches, Pears) 1 c Milk</p> <p>Veg: 4 Veggie Chik'n Nuggets (3 oz) w/ Ketchup</p>	<p>Make your Taco 20</p> <p>¾ c Taco Meat (2 oz Ground Turkey) 2 Tbsp Shredded Cheddar Cheese ½ c Shredded Lettuce & ½ c Diced Tomato 2 WW Tortilla (1 oz) ½ c Fresh Fruit Salad (Pineapple, Cantaloupe and Honeydew) 1 c Milk</p> <p>Veg: ½ c Vegan Ground Meat</p>	<p>5 Chicken Meatballs (2.7 oz) w/ Marinara sauce 1 pc Parmesan Cheese 1 WG Hot Dog Bun (2.2 oz) ½ c Steamed Spinach ½ c Peaches 1 c Milk</p> <p>Veg: 3 Vegan Meatballs (3.1 oz) w/ Marinara sauce</p>	<p>¾ c Beef Macaroni Pasta Baked 2 oz Beef, ½ c Pasta ½ c Broccoli Florets w/ Creamy Italian ½ c Mandarin Orange 1 c Milk</p> <p>Veg: Vegan Macaroni Pasta Bake</p>	<p>Make your Pizza 23</p> <p>2 oz Shredded Mozzarella 1 WG Flat Bread (1 oz) ¼ c Hot Marinara Sauce 1 c Tossed salad w/ Italian ½ c Cantaloupe 1 c Milk</p> <p>Veg: Same</p>
BOX LUNCH	<p>Make your Sandwich</p> <p>3 Turkey Breast slices (2.1 oz) w/ Mayo 1 WG Bun (2 oz) ¾ c Pasta Salad w/ Italian Dressing ½ c Vegetables (Zucchini, Carrots, Spinach) ½ c Fruit Mix (Pineapple, Peaches, Pears) 1 c Milk</p> <p>Veg: 2 oz Fresh Mozzarella Cheese</p>	<p>1 Crispy Chicken Patty (3.25 oz) w/ BBQ sauce 1 WG Bun (2 oz) ½ c Potato Salad ½ c Peaches 1 c Milk</p> <p>Veg: 1 Veggie Burger (3.5 oz) w/ BBQ Sauce</p>	<p>Make your Sub</p> <p>½ c Tuna Salad 2 oz Tuna Fish 1 WG Hot Dog Bun (2.2 oz) 1 c Spinach & Shredded Carrots Salad w/ Italian 1 Banana 1 c Milk</p> <p>Veg: Vegetarian Sub (2 oz Fresh Mozzarella cheese, tomato, lettuce, cucumber)</p>	<p>Make your Sandwich</p> <p>½ c Chicken Salad 2 oz Diced Chicken 1 WG Bun (2 oz) ½ c Three Bean Salad ½ c Mandarin Orange 1 c Milk</p> <p>Veg: 2 oz Fresh Mozzarella Cheese</p>	<p>Make your Pizza</p> <p>2 oz Shredded Mozzarella 1 WG Flat Bread (1 oz) ½ c Hot Marinara Sauce 1 c Tossed salad w/ Italian 1 Orange 1 c Milk</p> <p>Veg: Same</p>
PM SNAC	<p>1 WG Graham Vanilla Emoji ¾ c Mango</p>	<p>Make your Parfait</p> <p>½ c Strawberry Yogurt 1 oz WG Nut Free Granola</p>	<p>1 WG Animal Crackers (1 oz) ¾ c Carrots w/ Veggie Dip</p>	<p>1 WG Blueberry Muffin (2 oz) ¾ c Pineapple Tidbits</p>	<p>1 String Cheese (1 oz) ¾ c Zucchini Sticks w/ Ranch</p>

Fresh Fruit Salad includes Pineapple, Cantaloupe and Honeydew. Seasonal rotation of fresh fruits available to include- Strawberries, Watermelon, Peaches, Whole Milk served to children 12 months-24 months; Low-Fat (1%) milk served to children over 2 years old. Serving Size: ½ c Milk for 1-2 years old; ¾ c Milk for 3-5 years old; 1 c Milk for 6-12 years old.

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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	MEMORIAL DAY	26	27	28	29	30
SUPPER		1 Meatloaf (3.15 oz) w/ Gravy 1 WG Roll (1.13 oz) 1 c Spinach & Shredded Carrots Salad w/ Italian ½ c Peaches 1 c Milk	2 Cheese Lasagna Roll-ups (3.5 oz) WG Lasagna noodles (2 oz eq) ½ c Broccoli Florets w/ Creamy Italian 4 Orange Wedges 1 c Milk	4 Chicken Nuggets (3.2 oz) w/ Ketchup 1 WG Roll (1.13 oz) ½ c Carrots & Peas ½ c Pears 1 c Milk	¾ c Macaroni & Cheese (2 oz eq <i>m/ma</i> ; 1 oz eq <i>noodles</i>) ½ c Broccoli Florets w/ Creamy Italian ½ c Honeydew 1 c Milk	
		Veg: 1 Veggie Burger (3.5 oz) w/ BBQ Sauce	Veg: Same	Veg: 4 Veggie Chik'n Nuggets (3 oz) w/ Ketchup	Veg: Same	
	BOX LUNCH		Make your Sandwich Roast Beef Sandwich 4 Roast Beef slices (2 oz) w/ Mayo 1 WG Bun (2 oz) 1 c Spinach & Shredded Carrots Salad w/ Italian ½ c Tropical Fruit Salad (Papaya, Pineapple) 1 c Milk	Make your Wrap 3 Turkey Breast slices (0.7 oz) 1 Cheese slice (0.75 oz) 2 Tbsp Hummus 1 WW Tortilla (1 oz) ½ c Broccoli Florets w/ Creamy Italian 1 Orange Wedges 1 c Milk	4 Chicken Nuggets (3.2 oz) w/ Ketchup 1 WG Roll (1.13 oz) 1 c Green Salad w/ Ranch ½ c Pears 1 c Milk	Make your Sandwich ½ c Tuna Salad 2 oz Tuna Fish 1 WG Bun (2 oz) ½ c Pickled Beans ½ c Tropical Fruit Salad (Papaya, Pineapple) 1 c Milk
PM SNACK		Veg: Cheese Sandwich w/ 3 Cheddar Cheese slices (2.25 oz)	Veg: Vegetarian wrap (2 oz Fresh Mozzarella cheese, tomato, lettuce, cucumber)	Veg: 4 Veggie Chik'n Nuggets (3 oz) w/ Ketchup	Veg: 2 oz Fresh Mozzarella Cheese	
		Make your Parfait ½ c Vanilla Yogurt 1 oz WG Nut Free Granola	1 WG Cheddar Cheese Cracker (0.9 oz) ¾ c Pineapple Tidbits	1 WG Animal Crackers (1 oz) ¾ c Mango	1 WG Simply Chex Snack Mix (1.03 oz) ½ c Raspberry Cherry Yogurt	

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