

***Week 1 always begins on the first Monday of the new month.

Week 1***	<u>Morning Snack</u>	<u>Lunch</u>	<u>Afternoon Snack</u>
Mon.	Whole Grain Tortilla w/Jelly, 1% Milk	American Hot Dog & Whole Grain Bun, Oven Tater Tots, Green Beans	Fruiti O's, Juice
Tues.	Honey Wheat English Muffin, 1% Milk	Roasted Chicken, Rosemary Potatoes, Green Peas, Wheat Roll	Wheat Crackers, Juice
Wed.	Whole Wheat Bagel, 1% Milk	Whole Wheat Rotini w/Meat Sauce, Golden Corn, Peaches	Whole Wheat Goldfish, Juice
Thurs.	Whole Wheat Cinnamon Toast, 1% Milk	Tuna Salad Whole Wheat Sliders, Fresh Broccoli Crowns w/ Ranch Dip, Pear Cubes	Whole Grain Chips w/Salsa, Juice
Fri.	Whole Grain Biscuit, 1% Milk	Oriental Chicken & Veg Stir Fry, Brown Rice, Fruit Cocktail	Trail Mix, Juice
Week 2	<u>Morning Snack</u>	<u>Lunch</u>	<u>Afternoon Snack</u>
Mon.	Whole Grain Tortilla w/Jelly, 1% Milk	Chicken & Brown Rice Casserole, Green Beans, Pineapple Tidbits	Fruiti O's, Juice
Tues.	Honey Wheat English Muffin, 1% Milk	Sunbutter & Jelly On Whole Grain Bread, Potato Sticks, Sunshine Slaw	Wheat Crackers, Juice
Wed.	Whole Wheat Bagel, 1% Milk	Wheat Soft Tortilla Beef Tacos w/Lettuce, Green Beans, Apricots	Whole Wheat Goldfish, Juice
Thurs.	Whole Wheat Cinnamon Toast, 1% Milk	Cowboy Pinto Beans, Corn Bread, Carrot Coins, Celery Sticks	Whole Grain Chips w/Salsa, Juice
Fri.	Whole Grain Biscuit, 1% Milk	Creamy Tuna & Veggie Casserole, Fruit Cocktail, Whole Grain Bread	Trail Mix, Juice
Week 3	<u>Morning Snack</u>	<u>Lunch</u>	<u>Afternoon Snack</u>
Mon.	Whole Grain Tortilla w/Jelly, 1% Milk	Whole Grain Enchilada Pie, Mexican Tomato Rice, Pear Cubes	Fruiti O's, Juice
Tues.	Honey Wheat English Muffin, 1% Milk	Turkey Wheat Tortilla Roll Up, Shoe String Potatoes, Fresh Carrot Salad	Wheat Crackers, Juice
Wed.	Whole Wheat Bagel, 1% Milk	Roasted Chicken, Rosemary Potatoes, Green Peas, Wheat Roll	Whole Wheat Goldfish, Juice
Thurs.	Whole Wheat Cinnamon Toast, 1% Milk	Tomato Beef & Whole Wheat Penne Pasta, Country Corn, Mandarin Oranges	Whole Grain Chips w/Salsa, Juice
Fri.	Whole Grain Biscuit, 1% Milk	Country Chicken & Veggie Stew, Whole Grain Crackers, Fruit Cocktail	Trail Mix, Juice
Week 4	<u>Morning Snack</u>	<u>Lunch</u>	<u>Afternoon Snack</u>
Mon.	Whole Grain Tortilla w/Jelly, 1% Milk	Sunbutter & Jelly On Whole Grain Bread, Green Beans, Potato Sticks	Fruiti O's, Juice
Tues.	Honey Wheat English Muffin, 1% Milk	Beef n Cabbage, Irish Taters, Whole Grain Roll	Wheat Crackers, Juice
Wed.	Whole Wheat Bagel, 1% Milk	Cowboy Pinto Beans, Corn Bread, Carrot Coins, Celery Sticks	Whole Wheat Goldfish, Juice
Thurs.	Whole Wheat Cinnamon Toast, 1% Milk	Grilled Cheese Whole Wheat Sandwiches, Tomato Soup, Fresh Broccoli Crowns w/Ranch Dip	Whole Grain Chips w/Salsa, Juice
Fri.	Whole Grain Biscuit, 1% Milk	Oriental Chicken & Veg Stir Fry, Brown Rice, Fruit Cocktail	Trail Mix, Juice
Week 5	<u>Morning Snack</u>	<u>Lunch</u>	<u>Afternoon Snack</u>
Mon.	Whole Grain Tortilla w/Jelly, 1% Milk	Whole Grain Enchilada Pie, Mexican Tomato Rice, Peas & Carrots	Fruiti O's, Juice
Tues.	Honey Wheat English Muffin, 1% Milk	Turkey Whole Wheat Sliders w/Lettuce, Carrot Sticks, Applesauce	Wheat Crackers, Juice
Wed.	Whole Wheat Bagel, 1% Milk	Tomato Beef & Whole Wheat Penne Pasta, Country Corn, Leafy Salad	Whole Wheat Goldfish, Juice
Thurs.	Whole Wheat Cinnamon Toast, 1% Milk	Wheat Soft Tortilla Beef Tacos w/Lettuce, Green Beans, Apricots	Whole Grain Chips w/Salsa, Juice
Fri.	Whole Grain Biscuit, 1% Milk	Country Chicken & Veggie Stew, Whole Grain Crackers, Fruit Cocktail	Trail Mix, Juice

ORANGE - Grain Group
 BLUE - Milk Group
 GREEN - Vegetable Group
 RED - Meat/Meat Alt. Group
 PURPLE - Fruit Group

Black - Extra, Not Counted in Food Group Calculations

All meats and salad dressings are low fat, all veggies are frozen, fruit is in lite syrup, and all grains are whole grains

Second servings from the vegetable, fruit, grain, and milk groups will be made available.

School-age children have the option of fresh popped popcorn each day.

