

# Zproject Menu

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

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

