

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

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



Infants and T2 Classes will receive milk at lunch.

T3 and younger classes will receive cut up hot dogs.

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

ORANGE - Grain Group

BLUE - Milk Group - Whole Milk for Infants & Tods; 1% Milk for Prek & Schoolers

GREEN - Vegetable Group

RED - Meat/Meat Alt. Group

PURPLE - Fruit Group

Black - Extra, Not Counted in Food Group Calculations

SECOND SERVINGS FROM THE VEGETABLE, FRUIT, GRAIN, AND MILK GROUPS MUST BE AVAILABLE

Current8/10/11