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<u>Monday</u>	Tuesday	Wednesday	<u>Thursday</u>	<u>Friday</u>
Breakfast Bananas Whole Grain Corn Chex *Unflavored Whole/ Skim Milk Lunch Make Your Own	3 Breakfast 100% Orange Juice Whole Grain Pancakes *Unflavored Whole/ Skim Milk Lunch Meatballs in Gravy	4 Breakfast Whole Grain Kix Cereal Mixed Fruit *Unflavored Whole/ Skim Milk Lunch Chicken Stew	5 Breakfast 100% Orange Juice Whole Grain Waffles *Unflavored Whole/ Skim Milk Lunch Make Your Own	6 Breakfast Diced Pears Whole Grain Bagels *Unflavored Whole/ Skim Milk Lunch Egg Patty w/Cheese on a
Turkey & Cheese Wraps Red Beets Whole Grain Tortilla Wraps Peaches *Unflavored Whole/ Skim Milk	Tossed Salad w/Dressing **Carrots Whole Wheat Dinner Rolls Bananas *Unflavored Whole/ Skim Milk	w/Mixed Vegetables Soy Butter Applesauce Whole Grain Crackers *Unflavored Whole/ Skim Milk	Ham & Cheese Wraps Whole Grain Tortilla Wraps Carrots/ **Green Beans Oranges *Unflavored Whole/ Skim Milk	Whole Grain English Muffin Diced Potatoes Sliced Apples *Unflavored Whole/ Skim Milk Snack
Snack Whole Grain Maple Crackers Apples Water	Snack Whole Grain Graham Crackers Bananas Water	Snack Applesauce Whole Grain Goldfish Crackers Water	Snack Whole Wheat Hard Pretzels Peaches Water	Whole Grain Educational Crackers Cheese Slices Water
9 Breakfast Whole Grain Life Cereal Oranges *Unflavored Whole/ Skim Milk	10 Breakfast Diced Pears Whole Grain Waffles *Unflavored Whole/ Skim Milk	11 Breakfast Whole Grain Cheerios Peaches *Unflavored Whole/ Skim Milk	12 Breakfast Whole Grain Rice Krispies Oranges *Unflavored Whole/ Skim Milk	13 Breakfast Apple Juice Whole Grain Corn Flakes *Unflavored Whole/ Skim Milk
Lunch Soy Pockets **Cheese Sandwiches Hard Boiled Eggs Carrots **Mixed Vegetables Peaches *Unflavored Whole/ Skim Milk Snack String Cheese Peaches Water	Lunch Beef Vegetable Stew w/Pasta Cheese Slices Fresh Apples *Unflavored Whole/ Skim Milk Snack Whole Grain Maple Crackers Peaches Water	Lunch Make Your Own Turkey & Cheese Wraps Carrots/ ** Green Beans Whole Grain Tortilla Wraps Mixed Fruit *Unflavored Whole/ Skim Milk Snack Whole Grain Goldfish Crackers Oranges Water	Lunch Yogurt Celery **Corn Whole Grain Crackers Soy Butter/Grapes *Unflavored Whole/ Skim Milk Snack Whole Grain Cinnamon Crisp Bites Applesauce Water	Lunch Chicken w/Diced Tomato & Rice Tossed Salad w/Dressing **Carrots Pears *Unflavored Whole/ Skim Milk Snack Whole Grain Ritz Crackers Cheese Slices Water









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<u>Monday</u>	<u>Tuesday</u>	Wednesday	<u>Thursday</u>	<u>Friday</u>
16 Breakfast Whole Grain Chex Mixed Fruit *Unflavored Whole/ Skim Milk Lunch Make Your Own Turkey & Cheese Wraps Carrots/ ** Green Beans Whole Grain Tortilla Wraps Peaches *Unflavored Whole/ Skim Milk Snack Whole Grain Graham Crackers Applesauce Water	Applesauce Whole Grain French Toast Sticks *Unflavored Whole/ Skim Milk Lunch Fajita Chicken w/ Pepper, Onion & Rice Cooked Carrots Whole Wheat Dinner Rolls Bananas *Unflavored Whole/ Skim Milk Snack Apples Whole Grain Ritz Crackers Water	Diced Pears Whole Grain Waffles *Unflavored Whole/ Skim Milk Lunch Beef Taco Meat w/Tomatoes Shredded Cheese & Lettuce Whole Grain Tortilla Wrap Applesauce Cooked Corn *Unflavored Whole/ Skim Milk Snack Whole Grain Maple Crackers Peaches Water	Mhole Grain Cheerios Peaches *Unflavored Whole/ Skim Milk Lunch Tuna Salad Celery **Corn Oranges Whole Grain Crackers *Unflavored Whole/ Skim Milk Snack Whole Grain Soft Pretzel Sticks Applesauce Water	Breakfast Bananas Whole Grain Corn Chex *Unflavored Whole/ Skim Milk Lunch Chicken & Pasta in a White Cheese Sauce Peas Sliced Apples *Unflavored Whole/ Skim Milk Snack Whole Grain Graham Crackers w/Soy Butter Water
23 Breakfast 100% Orange Juice 100% Whole Wheat Bread *Unflavored Whole/ Skim Milk Lunch Make Your Own Turkey & Cheese Sandwiches Carrots/ **Peas Whole Wheat Bread Peaches *Unflavored Whole/ Skim Milk Snack Sliced Apples Whole Grain Blueberry Lemon Crisp Cracker Water	Breakfast Bananas Whole Grain Rice Krispies *Unflavored Whole/ Skim Milk Lunch Chili w/Ground Beef, Kidney Beans & Rice Cooked Corn Apples *Unflavored Whole/ Skim Milk Snack Whole Grain Educational Crackers Peaches Water	25 Breakfast Whole Grain English Muffins Bananas *Unflavored Whole/ Skim Milk Lunch Macaroni & Cheese w/Diced Turkey Ham Tossed Salad w/Dressing **Carrots Applesauce *Unflavored Whole/ Skim Milk Snack Whole Grain Animal Crackers Applesauce Water	26 Breakfast Whole Grain Life Cereal Oranges *Unflavored Whole/ Skim Milk Lunch Make Your Own Ham & Cheese Wraps Celery/ **Green Beans Oranges Whole Grain Tortilla Wraps *Unflavored Whole/ Skim Milk Snack Whole Grain Cheese It Crackers Cheese Slices Water	27 Breakfast 100% Orange Juice Whole Grain Pancakes *Unflavored Whole/ Skim Milk Lunch Ground Beef w/Pasta Three Bean Salad Whole Wheat Dinner Rolls Peaches *Unflavored Whole/ Skim Milk Snack Whole Grain Graham Crackers w/Soy Butter Water









<u>Monday</u>	<u>Tuesday</u>	Wednesday	<u>Thursday</u>	<u>Friday</u>
30 Breakfast Whole Grain Cheerios Bananas *Unflavored Whole/ Skim Milk				
Lunch Yogurt Carrots / **Peas Whole Grain Crackers Soy Butter Mixed Fruit *Unflavored Whole/ Skim Milk				
Snack Whole Grain Tostado Chips w/Salsa Water				