



Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1. Breakfast: 1 tsp Strawberry Jelly ½ slice of Toast, ½ cup Mixed Fruit, ¾ cups Milk</p> <p>Lunch: 3 oz Baked Beans & Cheese Taco w/ 1 Corn Tortillas, ½ cup Romaine Salad w/ Shredded Carrots, 1 tsp Ranch Dressing, ¼ cups Fresh Pineapple Chunks, ¾ cups Milk</p> <p>PM Snack: ½ oz Graham Crackers, ½ cup of mixed fruit, Water</p>	<p>2. Breakfast: ½ oz Pancake w/ Light Syrup, ½ cup Red Apple, ¾ cups Milk</p> <p>Lunch: 3 oz Cheese Ravioli, ½ cup Caesar Salad, ¼ cup Fresh Watermelon, ¾ cups Milk</p> <p>PM Snack: ½ cup tangerines, 2 Whole Grain Crackers, Water</p>
<p>5. Breakfast: ½ oz Whole Grain Cereal, ½ cup Banana, ¾ cup Milk</p> <p>Lunch: 1 ½ oz Stir Fry Chicken, ½ cup Cauliflower, 2 oz Brown Rice, ¼ cup Fresh Pineapple, ¾ cup Milk</p> <p>PM Snack: ½ of Soft Pretzel, ½ cup Mixed Fruit, Water</p>	<p>6. Breakfast: 2 oz WW English Muffin, ½ cup Orange Wedges, ¾ cups Milk</p> <p>Lunch: 3 oz Macaroni & Cheese, ½ cup Steamed Peas-Carrots, ¼ cup Honeydew, and ¾ cups Milk</p> <p>PM Snack: ½ oz of Graham Crackers, ½ cup Watermelon, and Water</p>	<p>7. Breakfast: 2 oz Blueberry Muffins, ½ cup Red Apple, ¾ cups Milk</p> <p>Lunch: ½ WW Sandwich w/ 2 oz. Tuna, ½ cup Romaine Salad w/ Shredded Carrots, 1 tsp Ranch Dressing, ¼ cups Fresh Pineapple Chunks, ¾ cups Milk</p> <p>PM Snack: ¼ cup Vanilla Yogurt, ½ oz Crackers, Water</p>	<p>8. Breakfast: ½ of Whole Grain Bagel, ½ cup diced Pears, ¾ cups Milk</p> <p>Lunch: 1 ½ oz Chicken Nuggets, ½ cup Fresh Spinach Salad, w/ 1 tsp Ranch Dressing, ½ of a Corn Bread ¼ cup Orange Wedges, ¾ cups Milk</p> <p>PM Snack: ½ oz String Cheese, ½ oz Graham Crackers, Water</p>	<p>9. Breakfast: ¼ cup Oatmeal, ½ cup Fresh Red Apples, ¾ cups Milk</p> <p>1 ½ oz Chicken Fajitas w/ Corn Tortillas, ½ cup Cilantro Salad, ¼ cup of mixed fruit, ¾ cups Milk</p> <p>PM Snack: ½ of Pita Bread w/ 1/8 cup Hummus Dip, Water</p>
<p>12. Breakfast: ½ oz Pancake w/ Light Syrup, ½ cup Red Apple, ¾ cups Milk</p> <p>Lunch: 3 oz Cheese Ravioli, ½ cup Caesar Salad, ¼ cup Fresh Watermelon, ¾ cups Milk</p> <p>PM Snack: ½ cup tangerines, 2 Whole Grain Crackers, Water</p>	<p>13. Breakfast: ½ oz Whole Grain Cereal, ½ cup Banana, ¾ cup Milk</p> <p>Lunch: 1 ½ oz Fish Sticks, ½ Wheat Rolls, ½ cup Carrot Sticks w/ 1 tsp Ranch Dip, ½ cup of mixed fruit, ¾ cups Milk</p> <p>PM Snack: ½ oz Rice Chex, ½ cup Oranges, Water</p>	<p>14. Breakfast: ½ of Whole Grain Bagel, ½ cup Orange Wedges, ¾ cups Milk</p> <p>Lunch: 3 oz Cheese Pizza, ½ cup Caesar Salad, ¼ cup Fresh Sliced Apples, and ¾ cups Milk</p> <p>PM Snack: 1 oz Cottage Cheese, ½ cups Fresh Pineapple, Water</p>	<p>15. Breakfast: ¼ cup Oatmeal, ½ cup Fresh Red Apples, ¾ cups Milk</p> <p>Lunch: 1 ½ oz Chicken & Spinach Fettuccine, ½ cup Garden Salad w/ 1 tsp Cilantro dressing, ¼ cup Strawberries, ¾ cups Milk</p> <p>PM Snack: ½ cup Bananas, ¼ cup Vanilla Yogurt, and ¾ cups Water</p>	<p>16. Breakfast: 1 tsp Strawberry Jelly ½ slice of Toast, ½ cup Mixed Fruit, ¾ cups Milk</p> <p>Lunch: 3 oz Baked Beans & Cheese Taco w/ 1 Corn Tortillas, ½ cup Romaine Salad w/ Shredded Carrots, 1 tsp Ranch Dressing, ¼ cups Fresh Pineapple Chunks, ¾ cups Milk</p> <p>PM Snack: ½ oz Graham Crackers, ½ cup of mixed fruit, Water</p>
<p>19. Breakfast: ½ oz Whole Grain Cereal, ½ cup Banana, ¾ cup Milk</p> <p>Lunch: 1 ½ oz Stir Fry Chicken, ½ cup Cauliflower, 2 oz Brown Rice, ¼ cup Fresh Pineapple, ¾ cup Milk</p> <p>PM Snack: ½ of Soft Pretzel, ½ cup Mixed Fruit, Water</p>	<p>20. Breakfast: 2 oz WW English Muffin, ½ cup Orange Wedges, ¾ cups Milk</p> <p>Lunch: 3 oz Macaroni & Cheese, ½ cup Steamed Peas-Carrots, ¼ cup Honeydew, and ¾ cups Milk</p> <p>PM Snack: ½ oz Whole Grain Crackers, ½ cup Watermelon, and Water</p>	<p>21. Breakfast: 2 oz Whole Grain Banana Bread, ½ cup Red Apple, ¾ cups Milk</p> <p>Lunch: ½ WW Sandwich w/ 2 oz. Tuna, ½ cup Romaine Salad w/ Shredded Carrots, 1 tsp Ranch Dressing, ¼ cups Fresh Pineapple Chunks, ¾ cups Milk</p> <p>PM Snack: ¼ cup Vanilla Yogurt, ½ oz Crackers, Water</p>	<p>22. Breakfast: ½ of Whole Grain Bagel, ½ cup diced Pears, ¾ cups Milk</p> <p>Lunch: 1 ½ oz Chicken Nuggets, ½ cup Fresh Spinach Salad, w/ 1 tsp Ranch Dressing, ½ of a Corn Bread ¼ cup Orange Wedges, ¾ cups Milk</p> <p>PM Snack: ½ oz String Cheese, ½ oz Graham Crackers, Water</p>	<p>23. Breakfast: ¼ cup Oatmeal, ½ cup Fresh Red Apples, ¾ cups Milk</p> <p>Lunch: ½ oz Chicken Fajitas w/ Corn Tortillas, ½ cup Cilantro Salad, ¼ cup mixed fruit, ¾ cups Milk</p> <p>PM Snack: ½ of Pita Bread w/ 1/8 cup Hummus Dip, Water</p>
<p>26. Breakfast: ½ oz Whole Grain Cereal, ½ cup Banana, ¾ cup Milk</p> <p>Lunch: 1 ½ oz Fish Sticks, ½ Wheat Rolls, ½ cup Carrot Sticks w/ 1 tsp Ranch Dip, ½ cup of mixed fruit, ¾ cups Milk</p> <p>PM Snack: ½ oz Rice Chex, ½ cup Oranges, Water</p>	<p>27. Breakfast: ½ of Whole Grain Bagel, ½ cup Orange Wedges, ¾ cups Milk</p> <p>Lunch: 3 oz Cheese Pizza, ¼ cup Caesar Salad, ¼ cup Fresh Sliced Apples, and ¾ cups Milk</p> <p>PM Snack: 1 oz Cottage Cheese, ½ cups Fresh Pineapple, Water</p>	<p>28. Breakfast: ¼ cup Oatmeal, ½ cup Fresh Red Apples, ¾ cups Milk</p> <p>Lunch: 3 oz Baked Beans & Cheese Taco w/ 1 Corn Tortillas, ½ cup Romaine Salad w/ Shredded Carrots, 1 tsp Ranch Dressing, ¼ cups Fresh Pineapple Chunks, ¾ cups Milk</p> <p>PM Snack: ½ oz Graham Crackers, ¼ cup Cubed Cheese, Water</p>	<p>29. Breakfast: ½ oz Pancake w/ Light Syrup, ½ cup Red Apple, ¾ cups Milk</p> <p>Lunch: 3 oz Cheese Ravioli, ½ cup Caesar Salad, ¼ cup Fresh Watermelon, ¾ cups Milk</p> <p>PM Snack: ½ cup tangerines, 2 Whole Grain Crackers, Water</p>	<p>30. Breakfast: 1 tsp Strawberry Jelly ½ slice of Toast, ½ cup Banana, ¾ cups Milk</p> <p>Lunch: 1 ½ oz Chicken & Spinach Fettuccine, ½ cup Garden Salad w/ 1 tsp Cilantro dressing, ¼ cup Strawberries, ¾ cups Milk</p> <p>PM Snack: ½ cup Bananas, ¼ cup Vanilla Yogurt, and ¾ cups Water</p>

Per CACFP and USDA regulations, 1% Low-Fat Milk is served to children age 2 years and older. Whole Milk is served to children younger than 2 years.



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<p>5. Breakfast: ½ oz Whole Grain Cereal, ½ cup Banana, ¾ cup Milk</p> <p>Lunch: 1 ½ oz Soy Stir Fry Chicken, ½ cup Cauliflower, 2 oz Brown Rice, ¼ cup Fresh Pineapple, ¾ cup Milk</p> <p>PM Snack: ½ of Soft Pretzel, ½ cup Mixed Fruit, Water</p>	<p>6. Breakfast: 2 oz WW English Muffin, ½ cup Orange Wedges, ¾ cups Milk</p> <p>Lunch: 3 oz Macaroni & Cheese, ½ cup Steamed Peas-Carrots, ¼ cup Honeydew, and ¾ cups Milk</p> <p>PM Snack: ½ oz of Graham Crackers, ½ cup Watermelon, and Water</p>	<p>7. Breakfast: 2 oz Blueberry Muffins, ½ cup Red Apple, ¾ cups Milk</p> <p>Lunch: ½ WW Sandwich w/ 2 oz. Tuna Sandwich, ½ cup Romaine Salad w/ Shredded Carrots, 1 tsp Ranch Dressing, ¼ cups Fresh Pineapple Chunks, ¾ cups Milk</p> <p>PM Snack: ¼ cup Vanilla Yogurt, ½ oz Crackers, Water</p>	<p>8. Breakfast: ½ of Whole Grain Bagel, ½ cup diced Pears, ¾ cups Milk</p> <p>Lunch: 1 ½ oz Vegan Chicken Nuggets, ½ cup Fresh Spinach Salad, w/ 1 tsp Ranch Dressing, ½ of a Corn Bread ¼ cup Orange Wedges, ¾ cups Milk</p> <p>PM Snack: ½ oz String Cheese, ½ oz Graham Crackers, Water</p>	<p>9. Breakfast: ¼ cup Oatmeal, ½ cup Fresh Red Apples, ¾ cups Milk</p> <p>1 ½ oz Soy Chicken Fajitas w/ Corn Tortillas, ½ cup Cilantro Salad, ¼ cup of mixed fruit, ¾ cups Milk</p> <p>PM Snack: ½ of Pita Bread 1/8 cup Hummus Dip, Water</p>
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