

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</p> <p>B: Waffles, Blueberries, Plain milk 1% or Fat Free Waffles 4 servings Blueberries 9 servings Plain milk 1% 11 1/2 cups</p> <p>A: Pretzels, Apples Pretzels 8 servings Apples 11 servings</p> <p>L: Tuna Sandwich, Whole Wheat Bread(WG), Corn, Oranges, Plain milk 1% or Fat Free Tuna Sandwich 6 servings Corn 10 servings Oranges 9 servings Plain milk 1% 16 1/2 cups</p> <p>P: Trail Mix, Bananas Trail Mix 0 Bananas 3 lb 4 servings</p>	<p>2</p> <p>B: Bagel, Grapes, Plain milk 1% or Fat Free Bagel 6 servings Grapes 8 servings Plain milk 1% 12 cups</p> <p>A: Cheese, Saltine Crackers Saltine Crackers 4 servings Cheese 4 servings</p> <p>L: Bean & Cheese Burritos, Tortilla - Whole Grain(WG), Garden Salad, Watermelon, Plain milk 1% or Fat Free Bean & Cheese Burritos 4 servings Garden Salad 8 servings Watermelon 6 servings Plain milk 1% 17 servings</p> <p>P: Popcorn(WG), Apples Popcorn 4 servings Apples 7 servings</p>
<p>5</p> <p>B: Cheerios(WG), Bananas, Plain milk 1% or Fat Free Cheerios 6 servings Bananas 1 lb 6 servings Plain milk 1% 12 cups</p> <p>A: Wheat Thins(WG), Mandarin Oranges</p> <p>L: Turkey Cheese Quesadilla, Tortilla - Whole Grain(WG), Mixed Vegetables, Cantaloupe, Plain milk 1% or Fat Free Turkey Cheese Quesadilla 4 servings Mixed Vegetables 8 servings Plain milk 1% 16 1/2 cups</p> <p>P: Peanut Butter & Jelly Sandwich, Whole Wheat Bread(WG) Peanut Butter & Jelly Sandwich 6 servings</p>	<p>6</p> <p>B: Pancakes, Strawberries, Plain milk 1% or Fat Free Pancakes 10 servings Strawberries 1 lb 8 servings Plain milk 1% 12 cups</p> <p>A: Cheese Quesadilla, Corn Tortilla(WG) Cheese Quesadilla 0</p> <p>L: Eggs, Hard Boiled, White Rice, Corn, Cantaloupe, Plain milk 1% or Fat Free White Rice 0 Eggs, Hard Boiled 4 servings Corn 0 Cantaloupe 4 servings Plain milk 1% 17 1/2 cups</p> <p>P: Cheesy Bean Tostada, Corn Tostada Cheesy Bean Tostada 8 servings</p>	<p>7</p> <p>B: Oatmeal(WG), Apples, Plain milk 1% or Fat Free Oatmeal 2 servings Apples 4 servings Plain milk 1% 11 cups</p> <p>A: Wheat Thins(WG), Bananas, -- Wheat Thins 0 Bananas 1 lb 2 servings</p> <p>L: Bean Lentils Soup, Whole Wheat Bread, Mixed Vegetables, Pineapple, Plain milk 1% or Fat Free Whole Wheat Bread 0 Bean Lentils Soup 0 Mixed Vegetables 0 Pineapple 0 Plain milk 1% 16 1/2 cups</p> <p>P: Banana Muffins, Cantaloupe Banana Muffins 0 Cantaloupe 4 servings</p>	<p>8</p> <p>B: Waffles, Blueberries, Plain milk 1% or Fat Free</p> <p>A: Goldfish Crackers - Whole Grain(WG), Cantaloupe</p> <p>L: Bean Soup, White Rice, Mixed Vegetables, Watermelon, Plain milk 1% or Fat Free</p> <p>P: --, Graham Crackers(WG), Mandarin Oranges</p>	<p>9</p> <p>B: Bagel, Grapes, Plain milk 1% or Fat Free</p> <p>A: Cheese Tortilla Roll up, Tortilla - Whole Grain(WG)</p> <p>L: Turkey Spaghetti, Spaghetti Noodles, Corn, Bananas, Plain milk 1% or Fat Free</p> <p>P: Peanut Butter, Apples</p>

Monday		Tuesday		Wednesday		Thursday		Friday	
12	B: Cheerios(WG), Bananas, Plain milk 1% or Fat Free	13	B: Oatmeal(WG), Apples, Plain milk 1% or Fat Free	14	B: Oatmeal(WG), Apples, Plain milk 1% or Fat Free	15	B: Waffles, Blueberries, Plain milk 1% or Fat Free	16	B: Bagel, Pears, Plain milk 1% or Fat Free
A:	Pretzels, Oranges	A:	--, Wheat Thins(WG), Mandarin Oranges	A:	Triscuits Crackers(WG), Pineapple	A:	Sticks pretzels, Mandarin Oranges	A:	Cheese, Broccoli
L:	Cowboy Beans and Cornbread, Cornbread, Mixed Vegetables, Watermelon, Plain milk 1% or Fat Free	L:	Cheese Pizza, English Muffin - Whole Grain(WG), Garden Salad, Pineapple, Plain milk 1% or Fat Free	L:	Turkey picadillo, White Rice, Mixed Vegetables, Oranges, Plain milk 1% or Fat Free	L:	Turkey & Cheese Sandwich, Whole Wheat Bread(WG), Garden Salad, Apples, Plain milk 1% or Fat Free	L:	Chicken Enchiladas, Corn Tortilla(WG), Corn, Watermelon, Plain milk 1% or Fat Free
P:	Graham Crackers(WG), Cantaloupe	P:	Popcorn(WG), Grapes	P:	Animal Crackers(WG), Bananas	P:	Multi-Grain crackers, Cantaloupe	P:	Wheat Thins(WG), Grapes
19	B: Cheerios(WG), Bananas, Plain milk 1% or Fat Free	20	B: Pancakes, Strawberries, Plain milk 1% or Fat Free	21	B: Oatmeal(WG), Apples, Plain milk 1% or Fat Free	22	B: Waffles, Blueberries, Plain milk 1% or Fat Free	23	B: Bagel, Pears, Plain milk 1% or Fat Free
A:	Trail Mix, Bananas	A:	Cheese Quesadilla, Corn Tortilla(WG)	A:	Saltine Crackers, Bananas	A:	Triscuits Crackers(WG), Watermelon	A:	Goldfish Crackers - Whole Grain(WG), Pears
L:	Macaroni & Cheese, Macaroni, Mixed Vegetables, Cantaloupe, Plain milk 1% or Fat Free	L:	Rice & Turkey, Spanish Rice, Carrots, Pineapple, Plain milk 1% or Fat Free	L:	Chicken Pozole, Hominy(WG), Lettuce, Oranges, Plain milk 1% or Fat Free	L:	Nacho Chicken Taco, Taco / Tostada Shell, Green Beans, Apples, Plain milk 1% or Fat Free	L:	Egg & Cheese Burrito, Tortilla - Whole Grain(WG), Garden Salad, Cantaloupe, Plain milk 1% or Fat Free
P:	Peanut Butter & Jelly Sandwich, Whole Wheat Bread(WG)	P:	Cheesy Bean Tostada, Corn Tostada	P:	Multi-Grain crackers, Cantaloupe	P:	Animal Crackers(WG), Mandarin Oranges	P:	Yogurt & fruit, Graham Crackers(WG), Pineapple
26	B: Cheerios(WG), Bananas, Plain milk 1% or Fat Free	27	B: Pancakes, Strawberries, Plain milk 1% or Fat Free	28	B: Oatmeal(WG), Apples, Plain milk 1% or Fat Free	29	B: Waffles, Blueberries, Plain milk 1% or Fat Free		
A:	Bean Taquitos, Corn Tortilla(WG)	A:	Pretzels, Oranges	A:	Multi-Grain crackers, Apples	A:	Cheese, Saltine Crackers		
L:	Turkey Alfredo, Pasta/Penne, Broccoli, Pineapple, Plain milk 1% or Fat Free	L:	Cheese Pizza, English Muffin - Whole Grain(WG), Garden Salad, Bananas, Plain milk 1% or Fat Free	L:	Beans Cheese Lasagna, Lasagna Noodles, Corn, Oranges, Plain milk 1% or Fat Free	L:	Turkey Spaghetti, Spaghetti Noodles, Corn, Watermelon, Plain milk 1% or Fat Free		
P:	Peanut Butter, Apples	P:	Muffin, Watermelon	P:	Trail Mix, Mandarin Oranges	P:	Goldfish Crackers - Whole Grain(WG), Bananas		