



MONDAY		TUESDAY		1	WEDNESDAY		2	THURSDAY		3	FRIDAY	
Lunch & upper	Meat / Alt				Honey Mustard Chick'n Wrap			Chick'n & Gravy				
	Grain				WG Tortilla Wrap			Brown Rice				
	Veg				Tossed Salad w/ Dressing			Cauliflower Medley				
	Fruit				Fresh Fruit, Oranges			Fresh Fruit, Honeydew Melon				
	Milk				1% or Whole Milk			1% or Whole Milk				
6		MONDAY	7	TUESDAY	8	WEDNESDAY	9	THURSDAY	10	FRIDAY		
Lunch & upper	Meat / Alt	Spaghetti w/ Veggie Sausage		Chick'n Sandwich		Veggie & Hummus Wraps		Veggie Casserole				
	Grain	WG Pasta		WG Roll		WG Tortilla Wrap		WG Pasta				
	Veg	Green Beans		Tomato Salsa / Lettuce		Tossed Salad w/ Dressing		Cauliflower Medley				
	Fruit	Fresh Fruit, Apple Slices		Fresh Fruit, Canteloupe		Fresh Fruit, Oranges		Fresh Fruit, Honeydew Melon				
	Milk	1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		1% or Whole Milk				
13		MONDAY	14	TUESDAY	15	WEDNESDAY	16	THURSDAY	17	FRIDAY		
Lunch & upper	Meat / Alt	BBQ Veggie Meatball		Veggie Taco		Dairy Free Mac & Cheese		Sweet & Sour Chick'n				
	Grain	WG Dinner Roll		WG Dinner Roll		WG Dinner Roll		Brown Rice				
	Veg	Green Beans		Sweet Corn		Glazed Carrots		Glazed Carrots				
	Fruit	Fresh Fruit, Apple Slices		Fresh Fruit, Canteloupe		Fresh Fruit, Oranges		Fresh Fruit, Honeydew Melon				
	Milk	1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		1% or Whole Milk				
20		MONDAY	21	TUESDAY	22	WEDNESDAY	23	THURSDAY	24	FRIDAY		
Lunch & upper	Meat / Alt	Spaghetti w/ Veggie Sausage		BBQ Chick'n Sandwich		Veggie & Hummus Wraps		Tuscan Chick'n				
	Grain	WG Pasta		WG Roll		WG Tortilla Wrap		WG Pasta				
	Veg	Green Beans		Coleslaw		Tossed Salad w/ Dressing		Cauliflower Medley				
	Fruit	Fresh Fruit, Apple Slices		Fresh Fruit, Canteloupe		Fresh Fruit, Oranges		Fresh Fruit, Honeydew Melon				
	Milk	1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		1% or Whole Milk				
27		MONDAY	28	TUESDAY	29	WEDNESDAY	30	THURSDAY	31	FRIDAY		
Lunch & upper	Meat / Alt	Sloppy Joe w/ PB Sausage		Beef Taco w/ Veggie Sausage		Honey Mustard Chick'n Wrap		Chick'n & Gravy				
	Grain	WG Dinner Roll		WG Tortilla Wrap		WG Tortilla Wrap		Brown Rice				
	Veg	Green Beans		Tomato Salsa / Lettuce		Tossed Salad w/ Dressing		Cauliflower Medley				
	Fruit	Fresh Fruit, Apple Slices		Fresh Fruit, Canteloupe		Fresh Fruit, Oranges		Fresh Fruit, Honeydew Melon				
	Milk	1% or Whole Milk		1% or Whole Milk		1% or Whole Milk		1% or Whole Milk				