



|       |            | MONDAY                                 |  | TUESDAY |                                                  | WEDNESDAY |    | 1                                      | THURSDAY |    | 2                                      | FRIDAY |    |                                                                                       |  |
|-------|------------|----------------------------------------|--|---------|--------------------------------------------------|-----------|----|----------------------------------------|----------|----|----------------------------------------|--------|----|---------------------------------------------------------------------------------------|--|
| Lunch | Meat / Alt |                                        |  |         |                                                  |           |    |                                        |          |    |                                        |        |    |                                                                                       |  |
|       | Grain      |                                        |  |         |                                                  |           |    |                                        |          |    |                                        |        |    |                                                                                       |  |
|       | Veg        |                                        |  |         |                                                  |           |    |                                        |          |    |                                        |        |    |                                                                                       |  |
|       | Fruit      |                                        |  |         |                                                  |           |    |                                        |          |    |                                        |        |    |                                                                                       |  |
|       | Milk       |                                        |  |         |                                                  |           |    |                                        |          |    |                                        |        |    |                                                                                       |  |
| 5     |            | MONDAY                                 |  | 6       | TUESDAY                                          |           | 7  | WEDNESDAY                              |          | 8  | THURSDAY                               |        | 9  | FRIDAY                                                                                |  |
| Lunch | Meat / Alt | Spaghetti w/ Veggie Sausage            |  |         | Chick'n Sandwich                                 |           |    | Dairy Free Mac & Cheese                |          |    | Sweet & Sour Chick'n                   |        |    |    |  |
|       | Grain      | WG Dinner Roll                         |  |         | WG Tortilla                                      |           |    | 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       | Whole Milk (1 yr), 1% low fat (2+ yrs) |  |         | Whole Milk (1 yr), 1% low fat (2+ yrs)           |           |    | Whole Milk (1 yr), 1% low fat (2+ yrs) |          |    | Whole Milk (1 yr), 1% low fat (2+ yrs) |        |    |                                                                                       |  |
| 12    |            | MONDAY                                 |  | 13      | TUESDAY                                          |           | 14 | WEDNESDAY                              |          | 15 | THURSDAY                               |        | 16 | FRIDAY                                                                                |  |
| Lunch | Meat / Alt | Veggie Meatball Sub Sandwich           |  |         | PB Beef Taco w/ Salsa & Lettuce & Cheese Topping |           |    | Veggie & Hummus Wraps                  |          |    | Tuscan Chick'n Pasta                   |        |    |    |  |
|       | Grain      | WG Dinner Roll                         |  |         | WG Tortilla Wrap                                 |           |    | WG Tortilla Wrap                       |          |    | WG Pasta                               |        |    |                                                                                       |  |
|       | Veg        | Green Beans                            |  |         | Sweet Corn                                       |           |    | Tossed Salad w/ Dressing               |          |    | Cauliflower Medley                     |        |    |                                                                                       |  |
|       | Fruit      | Fresh Fruit, Apple Slices              |  |         | Fresh Fruit, Canteloupe                          |           |    | Fresh Fruit, Oranges                   |          |    | Fresh Fruit, Honeydew Melon            |        |    |                                                                                       |  |
|       | Milk       | Whole Milk (1 yr), 1% low fat (2+ yrs) |  |         | Whole Milk (1 yr), 1% low fat (2+ yrs)           |           |    | Whole Milk (1 yr), 1% low fat (2+ yrs) |          |    | Whole Milk (1 yr), 1% low fat (2+ yrs) |        |    |                                                                                       |  |
| 19    |            | MONDAY                                 |  | 20      | TUESDAY                                          |           | 21 | WEDNESDAY                              |          | 22 | THURSDAY                               |        | 23 | FRIDAY                                                                                |  |
| Lunch | Meat / Alt | <div>PIC<br/>CLOSED</div>              |  |         | BBQ Chick'n Taco                                 |           |    | Honey Mustard Chick'n Wrap             |          |    | Chick'n & Gravy                        |        |    |  |  |
|       | Grain      |                                        |  |         | WG Tortilla Wrap                                 |           |    | WG Tortilla Wrap                       |          |    | Brown Rice                             |        |    |                                                                                       |  |
|       | Veg        |                                        |  |         | Sweet Corn                                       |           |    | Tossed Salad w/ Dressing               |          |    | Cauliflower Medley                     |        |    |                                                                                       |  |
|       | Fruit      |                                        |  |         | Fresh Fruit, Canteloupe                          |           |    | Fresh Fruit, Oranges                   |          |    | Fresh Fruit, Honeydew Melon            |        |    |                                                                                       |  |
|       | Milk       |                                        |  |         | Whole Milk (1 yr), 1% low fat (2+ yrs)           |           |    | Whole Milk (1 yr), 1% low fat (2+ yrs) |          |    | Whole Milk (1 yr), 1% low fat (2+ yrs) |        |    |                                                                                       |  |
| 26    |            | MONDAY                                 |  | 27      | TUESDAY                                          |           | 28 | WEDNESDAY                              |          | 29 | THURSDAY                               |        | 30 | FRIDAY                                                                                |  |
| Lunch | Meat / Alt | Sweedish Veggie Meatballs              |  |         | Veggie Burger                                    |           |    | Veggie & Hummus Wraps                  |          |    | Veggie Casserole                       |        |    |  |  |
|       | Grain      | WG Pasta                               |  |         | WG Hamburger Bun                                 |           |    | 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       | Whole Milk (1 yr), 1% low fat (2+ yrs) |  |         | Whole Milk (1 yr), 1% low fat (2+ yrs)           |           |    | Whole Milk (1 yr), 1% low fat (2+ yrs) |          |    | Whole Milk (1 yr), 1% low fat (2+ yrs) |        |    |                                                                                       |  |