

Monday

Tuesday

Wednesday

Thursday

Friday

5
 Chicken and Broccoli Alfredo 1/8 Dark Green
 2oz M/MA
 Tofu
 Green Beans 3/4 cup Other
 Fruit 1/2 cup
 Milk Boz
 (Dairy, Soy, Wheat)

6
 Honey Garlic Chick Stir Fry
 1/4 R/D, 3/8 Other /2oz M/MA
 Vegetarian Chicken
 Brown Rice 1oz GR
 Carrot 3/4 cup R/D
 Fruit 1/2 cup
 Milk Boz
 (Dairy, Soy, Wheat)

7
 Sloppy Joe/Beef 2oz MM/A
 Vegetarian Crumbles
 WG Bun 2oz Grain
 Corn 3/4 Cup Starchy
 Fruit 1/2 cup
 Milk Boz
 (Dairy, Soy, Wheat)

1
 Chicken Salad WG Bun 1.5 oz GR 2oz M/MA
 Vegetarian Chicken Salad (Soy)
 Green Salad 1 Cup Dark Green 1 Cup
 Fruit 1/2 Cup
 Milk Boz
 (Dairy, Soy, Wheat)

2
 Turkey Hotdog on WG Bun 1.5 oz GR 2oz M/MA
 Vegetarian Hot Dog (Soy)
 Potato Fries 3/4 Cup Starchy
 Fruit 1/2 Cup
 Milk Boz
 (Dairy, Soy, Wheat)

12
 Spaghetti w/Turkey MS 2oz GR 2oz M/MA
 Vegetarian Crumbles
 Green Beans 3/4 Other
 WG Breadstick 1oz GR
 Fruit 1/2 Cup
 Milk Boz
 (Dairy, Soy, Wheat)

13
 Turkey Nacho w/ Cheese 2oz GR 2oz M/MA
 Vegetarian Crumbles
 Corn 3/4 cup Starchy
 Fruit 1/2 Cup
 Milk Boz
 (Dairy, Soy, Wheat)

14
 Turkey and Cheese WG Sub Roll
 2.5oz M/MA 1oz Grain
 Veggie Patty
 Broccoli 3/4 cup D/G
 Veggie Chips 1oz starchy
 Fruit 1/2 Cup
 Milk Boz
 (Dairy, Soy, Wheat)

15
 Chicken Salad WG Bun 1.5 oz GR 2oz M/MA
 Vegetarian Chicken Salad (Soy)
 Carrots 3/4 R/D
 Fruit 1/2 Cup
 Milk Boz
 (Dairy, Soy, Wheat)

16
 Turkey Hotdog on WG Bun 1.5 oz GR 2oz M/MA
 Vegetarian Hot Dog (Soy)
 Vegetarian Beans 3/4 cup Legumes
 Fruit 1/2 Cup
 Milk Boz
 (Dairy, Soy, Wheat)

19
 Chicken and Broccoli Alfredo 1/8 Dark Green
 2oz M/MA
 Tofu
 Green Beans 3/4 cup Other
 Fruit 1/2 cup
 Milk Boz
 (Dairy, Soy, Wheat)

20
 Honey Garlic Chick Stir Fry
 1/4 R/D, 3/8 Other /2oz M/MA
 Vegetarian Chicken
 Brown Rice 1oz GR
 Carrot 3/4 cup R/D
 Fruit 1/2 cup
 Milk Boz
 (Dairy, Soy, Wheat)

21
 Sloppy Joe/Beef 2oz MM/A
 Vegetarian Crumbles
 WG Bun 2oz Grain
 Green Salad 1 1/2 cup D/G
 Fruit 1/2 cup
 Milk Boz
 (Dairy, Soy, Wheat)

22
 Chicken Nuggets 2oz M/MA 1oz Gr
 Mac and Cheese 1 oz Grain 1 oz M/MA
 Sweet Peas 3/4 cup starchy
 WG Roll .50 GR
 Fruit 1 cup
 Milk Boz
 (Dairy, Soy, Egg, Wheat)

23
 WG Turkey Corndog 2ozgr, 2oz M/MA
 Vegetarian Corn Dog
 Vegetarian Beans 3/4 Cup Legumes
 Veggie Chips 1oz Starch
 Fruit 1/2 Cup
 Milk Boz
 (Dairy, Soy, Wheat)

26
 Spaghetti w/Turkey MS 2oz GR 2oz M/MA
 Vegetarian Crumbles
 Green Beans 3/4 Other
 WG Breadstick 1oz GR
 Fruit 1/2 Cup
 Milk Boz
 (Dairy, Soy, Wheat)

27
 Turkey Nacho w/ Cheese 2oz GR 2oz M/MA
 Vegetarian Crumbles
 Corn 3/4 cup Starchy
 Fruit 1/2 Cup
 Milk Boz
 (Dairy, Soy, Wheat)

28
 Turkey and Cheese WG Sub Roll
 2.5oz M/MA 1oz Grain
 Veggie Patty
 Broccoli 3/4 cup D/G
 Veggie Chips 1oz starchy
 Fruit 1/2 Cup
 Milk Boz
 (Dairy, Soy, Wheat)

29
 Chicken Salad WG Bun 1.5 oz GR 2oz M/MA
 Vegetarian Chicken Salad (Soy)
 Carrots 3/4 R/D
 Fruit 1/2 Cup
 Milk Boz
 (Dairy, Soy, Wheat)

30
 Turkey Hotdog on WG Bun 1.5 oz GR 2oz M/MA
 Vegetarian Hot Dog (Soy)
 Potato Fries 3/4 Cup Starchy
 Vegetarian Beans 1/2 cup
 Fruit 1/2 Cup
 Milk Boz
 (Dairy, Soy, Wheat)