

Monday



9
 Chicken Tenders -2 oz M/MA
 Mac & Cheese – 2oz GR
 Carrots – ¼ Cup RO
 WG Roll – 2 oz GR
 Fruit – ½ cup
 Milk- 8oz
 (Dairy, Soy, Wheat)

16
 Turkey & Cheese on Croissant
 2ozM/MA & GR
 Coleslaw – ¼ Cup O
 Fruit – ½ Cup
 Milk – 8oz
 (Dairy, Soy, Wheat)

23
 Chicken Tenders -2 oz M/MA
 Mac & Cheese – 2oz GR
 Carrots – ¼ Cup RO
 WG Roll – 2 oz GR
 Fruit – ½ cup
 Milk- 8oz
 (Dairy, Soy, Wheat)

30
 Turkey & Cheese on Croissant
 2ozM/MA & GR
 Coleslaw – ¼ Cup O
 Fruit – ½ Cup
 Milk – 8oz
 (Dairy, Soy, Wheat)

Tuesday

3
 Meat Loaf w/ Mashed Potatoes – 2 oz MM/A
 Carrots – ¼ Cup RO
 WG Roll- 2 oz GR
 Fruit -1/2 Cup
 Milk – 8oz
 (Dairy, Soy, Wheat)

10
 Taco w/ Turkey- 2oz GR & M/MA
 Corn & Black Bean – ¼ Cup
 Fruit ½ Cup
 Milk – 8oz
 (Dairy, Soy, Wheat)

17
 Meat Loaf w/ Mashed Potatoes – 2 oz MM/A
 Carrots – ¼ Cup RO
 WG Roll- 2 oz GR
 Fruit -1/2 Cup
 Milk – 8oz
 (Dairy, Soy, Wheat)

24
 Taco w/ Turkey- 2oz GR & M/MA
 Corn & Black Bean – ¼ Cup
 Fruit ½ Cup
 Milk – 8oz
 (Dairy, Soy, Wheat)

Wednesday

4
 Beef a Roni – 2 oz GR & 2 M/MA
 Broccoli- ¼ cup DG
 Fruit- ½ Cup
 Milk – 8oz
 (Dairy, Soy, Wheat)

11
 Spaghetti w/ Meatballs- 2oz GR/M/MA
 Garlic Bread – 1 oz GR
 Green Salad – 1 Cup DG
 Fruit – ½ Cup
 Milk – 8oz
 (Dairy, Soy, Wheat)

18
 Beef a Roni – 2 oz GR & 2 M/MA
 Broccoli- ¼ cup DG
 Fruit- ½ Cup
 Milk – 8oz
 (Dairy, Soy, Wheat)

25
 Spaghetti w/ Meatballs- 2oz GR/M/MA
 Garlic Bread – 1 oz GR
 Green Salad – 1 Cup DG
 Fruit – ½ Cup
 Milk – 8oz
 Early Release Day Lunch at 10:00am
 (Dairy, Soy, Wheat)

Thursday

5
 BBQ Chicken – 2oz M/MA
 Stir Fried Rice- 2 oz GR
 Green Beans – ¼ Cup O
 Fruit -1/2 Cup
 Milk - 8oz
 (Dairy, Soy, Wheat)

12
 Baked Chicken – 2oz M/MA
 WG Yellow Rice- 2oz GR
 Mix Vegetable – ¼ cup O
 Fruit – ½ Cup
 Milk – 8 oz
 (Dairy, Soy, Wheat)

19
 BBQ Chicken – 2oz M/MA
 Stir Fried Rice- 2 oz GR
 Green Beans – ¼ Cup O
 Fruit -1/2 Cup
 Milk - 8oz
 (Dairy, Soy, Wheat)

26
 Baked Chicken – 2oz M/MA
 Stir Fried Rice- 2 oz GR
 Green Beans – ¼ Cup O
 Fruit -1/2 Cup
 Milk - 8oz
 (Dairy, Soy, Wheat)

Friday

6
 Chicken Patty Sandwich w/cheese - 2.5 oz M/MA
 Fries – ¼ Cup ST
 Fruit ½ cup
 Milk – 8oz
 (Dairy, Soy, Wheat)

13
 Turkey Hot Dogs – 2 oz M/MA
 Vegetarian Beans -3/4 LE
 Fruit – ½ Cup
 Milk – 8oz
 (Dairy, Soy, Wheat)

20
 Chicken Patty Sandwich w/cheese - 2.5 oz M/MA
 Fries – ¼ Cup ST
 Fruit ½ cup
 Milk – 8oz
 (Dairy, Soy, Wheat)

27
 Turkey Hot Dogs – 2 oz M/MA
 Vegetarian Beans -3/4 LE
 Fruit – ½ Cup
 Milk – 8oz
 (Dairy, Soy, Wheat)

