

|           | MONDAY                                                                                                                                                                                                                                                                                          | TUESDAY                                                                                                                                                                                                                                                                                                          | WEDNESDAY                                                                                                                                                                                                                                                                                                                                   | THURSDAY                                                                                                                                                                                                                                                                                                                                                                         | FRIDAY                                                                                                                                                                                                                                                                                                                                                 |
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| <b>3</b>  | <p>B: WG Banana Bread, Applesauce Cup, Whole Milk</p> <p>S-AM: WG Graham Crackers, 100% Orange Juice</p> <p>L: Meatballs, WG Hoagie, Pear Cup, Green Beans, Whole Milk</p> <p>S-PM: Lowfat Cottage Cheese, Sliced Cucumbers</p> <p>ES: Yogurt, WG Animal Crackers</p>                           | <p>B: WG Breakfast Pizza, Warm Apple Crisp, Whole Milk</p> <p>S-AM: Rice Chex, Applesauce Cup</p> <p>L: Sesame Chicken, Brown Rice, Broccoli, Pineapple (panned), Whole Milk</p> <p>S-PM: Orange Muffin, Pear Cup</p> <p>ES: Shredded Cheese, WG Ritz Crackers</p>                                               | <p>B: WG Bagel Sandwich, Egg &amp; Cheese, Wedges, Orange, Whole Milk</p> <p>S-AM: Cottage Cheese, WG Ritz Crackers</p> <p>L: Chicken, corn, squash, peppers, Cucumber, Strawberry Salad, Fruit Cocktail, Spanish Rice, Whole Milk</p> <p>S-PM: Strawberry Fruit Cup, WG Animal Crackers</p> <p>ES: Applesauce Cup, Multigrain Cheerios</p> | <p>B: WG Pancakes, Turkey Sausage Link, Tropical Fruit, Whole Milk, Syrup</p> <p>S-AM: WG Graham Crackers, 100% Apple Juice</p> <p>L: Shepherd's Pie, WG Roll, Applesauce Cup, Whole Milk</p> <p>S-PM: Hard Boiled Egg, WG Ritz Crackers</p> <p>ES: Yogurt, Mixed Fruit Cup</p>                                                                                                  | <p>B: WG Multigrain Cheerios, Fresh Banana, Whole Milk</p> <p>S-AM: Strawberry Apple Sauce Cup, Cheddar Goldfish</p> <p>L: Fiesta Corn Salad w/ Chicken, WG Tortilla, Spinach and Shredded cheese, Tropical Fruit Cup, Fiesta Dressing, Whole Milk</p> <p>S-PM: WG Graham Crackers, Lowfat Cottage Cheese</p> <p>ES: Peach Cup, WG Animal Crackers</p> |
| <b>10</b> | <p>B: Biscuit, Applesauce Cup, Whole Milk, Jelly</p> <p>S-AM: WG Ritz Crackers, Shredded Cheese</p> <p>L: Chicken Penne Alfredo, Broccoli, Pear Cup, Whole Milk</p> <p>S-PM: Animal Crackers, Shredded Cheese</p> <p>ES: Strawberry Fruit Cup, WG Graham Crackers</p>                           | <p>B: WG Breakfast Pizza, Warm Apple Crisp, Whole Milk</p> <p>S-AM: Chocolate Hummus (CHEF), WG Graham Crackers</p> <p>L: Ginger Turkey Stir- Fry Recipe, Brown Rice, Normandy Blend, Pineapple (panned), Whole Milk</p> <p>S-PM: Peach Cup, WG Cheddar Goldfish</p> <p>ES: Applesauce Cup, WG Ritz Crackers</p> | <p>B: WG Chicken Biscuit, Wedges Orange, Whole Milk</p> <p>S-AM: Yogurt, WG Animal Crackers</p> <p>L: Cheese Enchiladas, Spanish Rice, Pinto Beans, Fruit Cocktail, Whole Milk</p> <p>S-PM: Strawberry Apple Sauce Cup</p> <p>ES: 100% Orange/Tangerine Juice, WG Graham Crackers</p>                                                       | <p>B: WG Spiced Pear Oatmeal, Tropical Fruit, Whole Milk</p> <p>S-AM: WG Cheddar Goldfish, Applesauce Cup</p> <p>L: Turkey a la King, WG Biscuit, Applesauce Cup, Whole Milk</p> <p>S-PM: Sliced Cucumbers, Yogurt Tzatziki Sauce</p> <p>ES: Shredded Cheese, Hard-Boiled Egg</p>                                                                                                | <p>B: WG Blueberry Chex, Fresh Banana, Whole Milk</p> <p>S-AM: WG Graham Crackers, Pear Cup</p> <p>L: Chicken Salad, WG Bun, Celery Sticks, Tropical Fruit Cup, Ranch Dressing, Whole Milk</p> <p>S-PM: WG Cheddar Goldfish, 100% Apple Juice</p> <p>ES: Lowfat Cottage Cheese, Peach Cup</p>                                                          |
| <b>17</b> | <p>B: WG French Toast Sticks, Applesauce Cup, Whole Milk, Syrup</p> <p>S-AM: Hard Boiled Egg, WG Ritz Crackers</p> <p>L: Turkey Stroganoff, Pasta, Ground Turkey, Peas &amp; Carrots, Pear Cup, Whole Milk</p> <p>S-PM: Yogurt, Rice Chex</p> <p>ES: Strawberry Fruit Cup, WG Ritz Crackers</p> | <p>B: Cheese Omelet, Warm Apple Crisp, Biscuit, Whole Milk</p> <p>S-AM: WG Cheddar Goldfish, 100% Grape Juice</p> <p>L: Teriyaki Chicken, Broccoli, Brown Rice, Pineapple (panned), Whole Milk</p> <p>S-PM: Applesauce Cup, WG Ritz Crackers</p> <p>ES: WG Graham Crackers, Shredded Cheese</p>                  | <p>B: WG Kolache, Wedges Orange, Whole Milk</p> <p>S-AM: Fresh Banana, Cheerios</p> <p>L: Turkey w/ Gravy, Mashed Potatoes, Green Beans, WG Roll, Peach Crisp, Whole Milk</p> <p>S-PM: Banana Bread, Fresh Banana</p> <p>ES: Yogurt, Strawberry Fruit Cup</p>                                                                               | <p>B: WG Pancakes, Turkey Sausage Link, Tropical Fruit, Whole Milk, Syrup</p> <p>S-AM: Cottage Cheese, Pear Cup</p> <p>L: Buffalo Chicken Sandwiches, Whole Grain Bun, Chicken Patty, Sweet Potato Tots, Applesauce Cup, Ketchup, Ranch Dressing, Whole Milk</p> <p>S-PM: WG Graham Crackers, Chocolate Hummus (CHEF)</p> <p>ES: WG Cheddar Goldfish, 100% Grape Fruit Juice</p> | <p>B: WG Cheerios, Fresh Banana, Whole Milk</p> <p>S-AM: Shredded Cheese, Orange Wedges</p> <p>L: Italian Pasta Salad, Pasta Salad, Tropical Fruit Cup, Whole Milk</p> <p>S-PM: 100% Fruit Punch, Cheddar Goldfish</p> <p>ES: Rice Chex, Pear Cup</p>                                                                                                  |
| <b>24</b> | <p>B: WG Blueberry Muffin, Applesauce Cup, Whole Milk</p> <p>S-AM: WG Graham Crackers, 100% Orange Juice</p> <p>L: Lasagna w/ Sauce, Italian blend Veggies, Pear Cup, Whole Milk</p> <p>S-PM: Lowfat Cottage Cheese, Sliced Cucumbers</p> <p>ES: Yogurt, WG Animal Crackers</p>                 | <p>B: WG Chicken Waffle Sandwich, Warm Apple Crisp, Whole Milk</p> <p>S-AM: Rice Chex, Applesauce Cup</p> <p>L: Chicken w/ Gravy, Mashed Potatoes, Green Beans, WG Roll, Peach Crisp, Whole Milk</p> <p>S-PM: Orange Muffin, Pear Cup</p> <p>ES: Shredded Cheese, WG Ritz Crackers</p>                           |                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                        |
| <b>27</b> |                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                        |
| <b>28</b> |                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                        |

B: Breakfast Menu L: Lunch Menu S: Snack Menu ES: Evening Snack