

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p><b>B:</b> Cheerios(WG), Apples, Plain milk 1% or Fat Free                      Cheerios 7 1/3 cup Apples 2.75 Lbs 1/4 cup Milk 19 cups</p> <p><b>A:</b> Peanut Butter, Celery</p> <p><b>L:</b> Chicken Enchiladas, Corn Tortilla(WG), Lettuce, Pineapple, Plain milk 1% or Fat Free                      Chicken 1.5 oz corn Tortilla 1 Slice lettuce 3 cups Pineapple 2 1/2 cups Milk 13 1/2 cups</p> <p><b>P:</b> Animal Crackers, Oranges                      Animal Crackers 1 3/4 cups Oranges 5 lbs</p> <p><b>E:</b> Trail Mix, Raisins</p>	<p><b>2</b></p> <p><b>B:</b> Pancakes, Oranges, Plain milk 1% or Fat Free                      Pancakes 1 serving Oranges 3.75 Lbs Milk 17 1/4 cups</p> <p><b>A:</b> Yogurt &amp; fruit, Graham Crackers(WG), Pineapple</p> <p><b>L:</b> Grilled Cheese Sandwich, Whole Wheat Bread(WG), Mixed Vegetables, Watermelon, Plain milk 1% or Fat Free                      Bread 1 Slice Cheese 1.5 oz Mixed Vegetables 3 cups Watermelon 1 Cup Milk 9 1/2 cups</p> <p><b>P:</b> Pretzels, Apples                      Apples 1.5 Lbs Pretzels 3 cups</p> <p><b>E:</b> Peanut Butter &amp; Jelly Sandwich, Whole Wheat Bread(WG)</p>	<p><b>3</b></p> <p><b>B:</b> Cinnamon Toast(WG), Apples, Plain milk 1% or Fat Free                      Apples 7 cup Cinnamon Toast 11 Servin Milk 18 Cups</p> <p><b>A:</b> Cream Cheese, Bagel</p> <p><b>L:</b> Bean Burrito, Tortilla - Whole Grain(WG), Corn, Pineapple, Plain milk 1% or Fat Free                      Beans Burrito 1servin corn 1 servin Pineapple 2 cups Milk 12 1/2 cups</p> <p><b>P:</b> Peanut Butter, Apple Slices                      Apples 1.5 lbs 1/4 cup Peanut Butter 6 tbsp</p> <p><b>E:</b> Wheat Thins(WG), Bananas</p>	<p><b>4</b></p> <p><b>B:</b> Waffles, Bananas, Plain milk 1% or Fat Free                      Bananas 5 Lbs 1/4 cup waffles 11 servings Milk 15 1/2 cups</p> <p><b>A:</b> Cheese Cubes, Saltine Crackers</p> <p><b>L:</b> Scrambled Eggs, Whole Wheat Bread(WG), Green Beans, Cantaloupe, Plain milk 1% or Fat Free                      Eggs 4 servings Green Beans 4 cups Cantaloupe 11/2 cups Milk 9 3/4 cups</p> <p><b>P:</b> Peanut Butter, Crepes(WG)                      Crepes 2 slice Peanut Butter 4 tbsp</p> <p><b>E:</b> Pretzels, Pineapple</p>	<p><b>5</b></p> <p><b>B:</b> French Toast - Whole Grain(WG), Grapes, Plain milk 1% or Fat Free                      French Toast 13 Servings Grapes 6 cups Milk 17 1/2 cups</p> <p><b>A:</b> Cheese Pizza, Whole Wheat Bread(WG)                      Bread 4 slice Cheese 4 oz</p> <p><b>L:</b> Chicken &amp; Vegetable Fajitas, White Rice, Mixed Vegetables, Watermelon, Plain milk 1% or Fat Free                      Chicken 3 oz Mix Vegetables 1/2 cup Rice 1 cup Watermelon 1 cup Milk 10 1/2 cup</p> <p><b>P:</b> Cheese Pizza, Whole Wheat Bread(WG)                      Bread 4 slice Cheese 4 oz</p> <p><b>E:</b> Trail Mix, Bananas</p>
<p><b>8</b></p> <p><b>B:</b> Cheerios + Ancient Grains(WG), Bananas, Plain milk 1% or Fat Free                      Bananas 4lbs 3/4 cup Cheerios 7 cup Milk 17 1/4 cups</p> <p><b>L:</b> Tuna Sandwich, Whole Wheat Bread(WG), Corn, Apples, Plain milk 1% or Fat Free                      Tuna 4.5 oz Bread 3 Slice Corn 1/4 Cup Apples 1/2 Cup Milk 11 1/4 cups</p> <p><b>P:</b> Yogurt &amp; fruit, Graham Crackers(WG), Pineapple                      Yogurt 2.1/4 cup Graham Crackers 5 oz Pineapple 1/3 cup</p> <p><b>E:</b> Peanut Butter, Bagel</p>	<p><b>9</b></p> <p><b>B:</b> Pancakes - Whole Grain(WG), Strawberries, Plain milk 1% or Fat Free                      Pancakes 9 Servings Strawberries 8 1/2 cup Milk 19 1/2 cup</p> <p><b>L:</b> Turkey Alfredo, Pasta - Whole Grain(WG), Broccoli, Oranges, Plain milk 1% or Fat Free                      PastaAlfredo 1cup Turkey 6 oz Broccoli 1 cup oranges 1/2 cup Milk 11 1/2</p> <p><b>P:</b> Animal Crackers, Cantaloupe                      Cantaloupe 4 Cups Animal Crackers 3 Cups</p> <p><b>E:</b> Peanut Butter, Bagel</p>	<p><b>10</b></p> <p><b>B:</b> Oatmeal(WG), Grapes, Plain milk 1% or Fat Free                      Grapes 4 1/2 cups Oatmeal 4 cups Cook Milk 15 1/2 Cups</p> <p><b>L:</b> Turkey &amp; Cheese Sandwich, Whole Wheat Bread, Mixed Vegetables, Apples, Plain milk 1% or Fat Free                      Mixed Vegetables 4 3/4 cup Milk 10 3/4 Cup</p> <p><b>P:</b> Saltine Crackers, Oranges                      Oranges 5 Lbs 1/4 cup Saltine Crackers 5 servings</p> <p><b>E:</b> Graham Crackers, Watermelon, water</p>	<p><b>11</b></p> <p><b>B:</b> Waffles, Apples, Plain milk 1% or Fat Free                      Apples 1.5 Libras 1/2 cup Waffles 6 Servings Milk 14 1/2 Cups</p> <p><b>L:</b> Cheese Quesadilla, Tortilla - Whole Grain(WG), Corn, Oranges, Plain milk 1% or Fat Free                      Milk 11 1/2 Cups</p> <p><b>P:</b> Graham Crackers(WG), Watermelon                      Watermelon 5 1/2 cups</p> <p><b>E:</b> Pretzels (Hard Or Soft), Bananas, water</p>	<p><b>12</b></p> <p><b>B:</b> French Toast - Whole Grain(WG), Apples, Plain milk 1% or Fat Free                      Apples 2 Lbs 1/4 cup Servings Frnch Toast 12 Milk 19 1/4 Cups</p> <p><b>L:</b> Rice &amp; Turkey, Spanish Rice, Mixed Vegetables, Watermelon, Plain milk 1% or Fat Free                      Turkey 3 oz Mix Vegetables 1/2 Cup Watermelon 0 Rice 1/2 cup Milk 8 cups</p> <p><b>P:</b> Cheese, Cheese Tortilla Roll Up(WG)                      Chheese 3 1/2 oz Tortillas 3 1/2 slice</p> <p><b>E:</b> Saltine Crackers, Carrots, water</p>

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<p><b>15</b></p> <p><b>B:</b> Cheerios + Ancient Grains(WG), Bananas, Plain milk 1% or Fat Free                      6 Lbs 1/2 cups Cheerios 11 Cups Milk 18 cups</p> <p><b>L:</b> Mixed Vegetable Beans Soup, Whole Wheat Bread(WG), Mixed Vegetables, Pineapple, Plain milk 1% or Fat Free                      Lentils 3/4 cup Mix vegetables 3/4 Cup Pineapple 2 1/2 cups Bread 0 Milk 9 1/4 cups</p> <p><b>P:</b> Yogurt &amp; fruit, Graham Crackers(WG), Blueberries                      Yogurt 1 1/4 cup Blueberries 5/8 Cup Graham Crackers 4 slice</p> <p><b>E:</b> Peanut Butter &amp; Jelly Sandwich, White Bread(WG), --, -- water</p>	<p><b>16</b></p> <p><b>B:</b> Pancakes, Watermelon, Plain milk 1% or Fat Free                      Watermelon 4 lbs 1/2 cups Pancakes 6 servings Milk 12. 3/4 cup</p> <p><b>L:</b> Turkey Spaghetti, Pasta - Whole Grain(WG), Corn, Grapes, Plain milk 1% or Fat Free                      Turkey 6 oz Corn 1/2 cup Grapes 1/2 xup Noodles 1 cup Milk 8 cups</p> <p><b>P:</b> Peanut Butter &amp; Jelly Sandwich, Whole Wheat Bread(WG), Peanut Butter Jelly Sandwich 6 servings</p> <p><b>E:</b> Trail Mix, --, Raisins, -- water</p>	<p><b>17</b></p> <p><b>B:</b> Cinnamon Toast(WG), Apples, Plain milk 1% or Fat Free                      Apples 2 Lbs 1/4 Cup Cinnamon Toast 8 Servings Milk 15 1/2 cups</p> <p><b>L:</b> Cheese Quesadilla, Tortilla - Whole Grain(WG), Garden Salad, Oranges, Plain milk 1% or Fat Free                      Cheese 7.5 oz Garden Salad 3 1/2 cups Oranges 1/4 cup Tortillas 2 1/2 slice Milk 6 1/4 Cup</p> <p><b>P:</b> Animal Crackers(WG), Pineapple                      Pineapple 6 1/3 cup Animal Crackers 1 1/4 cup</p> <p><b>E:</b> Pancakes, Watermelon water</p>	<p><b>18</b></p> <p><b>B:</b> Waffles, Grapes, Plain milk 1% or Fat Free                      Grapes 8 1/2 cups Waffles 3 servings Milk 19 cups</p> <p><b>L:</b> Chicken Noodle Soup, Pasta Shells, Carrots, Bananas, Plain milk 1% or Fat Free                      Chicken 3 oz Carrots 1/2 Cup Bananas 3/4 cup Milk 9 1/4 cups</p> <p><b>P:</b> Pretzels (Hard Or Soft), Oranges                      Oranges 5 Lbs 1/4 Cup Pretzels 1/4 cup</p> <p><b>E:</b> Bean Taquitos, Tortilla(WG) water</p>	<p><b>19</b></p> <p><b>B:</b> French Toast - Whole Grain(WG), Bananas, Plain milk 1% or Fat Free                      Bananas 6 Lbs 1/4 Cup French Toast 12 servings Mik 19 cups</p> <p><b>L:</b> Egg &amp; Cheese Burrito, Tortilla - Whole Grain(WG), Garden Salad, Cantaloupe, Plain milk 1% or Fat Free water</p> <p><b>P:</b> Wheat Thins(WG), Oranges</p> <p><b>E:</b> Trail Mix, Raisins</p>
<p><b>22</b></p> <p><b>B:</b> Cheerios(WG), Bananas, Plain milk 1% or Fat Free                      Bananas 5,5 lbs Cheerios 8 cup Milk 15 1/4 cup</p> <p><b>A:</b> Wheat Thins(WG), Cantaloupe</p> <p><b>L:</b> Grilled Cheese Sandwich, Whole Wheat Bread(WG), Garden Salad, Apples, Plain milk 1% or Fat Free</p> <p><b>P:</b> Yogurt &amp; fruit, Graham Crackers(WG), Grapes</p> <p><b>E:</b> Yogurt &amp; fruit, Graham Crackers(WG), Pineapple</p>	<p><b>23</b></p> <p><b>B:</b> Cheerios(WG), Blueberries, Plain milk 1% or Fat Free</p> <p><b>A:</b> Cheese Squares, Pretzels (Hard Or Soft)</p> <p><b>L:</b> Chicken Pozole, Hominy(WG), Lettuce, Oranges, Plain milk 1% or Fat Free</p> <p><b>P:</b> Peanut Butter &amp; Jelly Sandwich, Whole Wheat Bread(WG)</p> <p><b>E:</b> Cinnamon Toast(WG), Apples</p>	<p><b>24</b></p> <p><b>B:</b> Bagel, Bananas, Plain milk 1% or Fat Free                      Bagel 0 Bananas 6 Lbs 1 1/2 cup Milk 19 1/2 Cup</p> <p><b>A:</b> Pretzels, Bananas</p> <p><b>L:</b> Beans Cheese Lasagna, Lasagna Noodles, Corn, Pineapple, Plain milk 1% or Fat Free                      Beans Cheese lasagna 0 Corn 0 Pineapple 1/4 cup Milk 10 3/4 cup</p> <p><b>P:</b> Wheat Thins(WG), Oranges</p> <p><b>E:</b> Saltine Crackers, Oranges</p>	<p><b>25</b></p> <p><b>B:</b> Cheerios(WG), Blueberries, Plain milk 1% or Fat Free</p> <p><b>A:</b> Cheese Squares, Pretzels (Hard Or Soft)</p> <p><b>L:</b> Chicken, Rainbow Rice(WG), Mixed Vegetables, Oranges, Plain milk 1% or Fat Free</p> <p><b>P:</b> Peanut Butter &amp; Jelly Sandwich, Whole Wheat Bread(WG)</p> <p><b>E:</b> Cinnamon Toast(WG), Apples</p>	<p><b>26</b></p> <p><b>B:</b> French Toast - Whole Grain(WG), Apples, Plain milk 1% or Fat Free</p> <p><b>A:</b> Peanut Butter, Celery</p> <p><b>L:</b> Macaroni &amp; Cheese, Macaroni, Green Beans, Bananas, Plain milk 1% or Fat Free</p> <p><b>P:</b> --, Wheat Thins(WG), Bananas</p> <p><b>E:</b> Pretzels, Cantaloupe</p>

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<b>29</b>	<b>B:</b> Cheerios(WG), Bananas, Plain milk 1% or Fat Free	<b>30</b>	<b>B:</b> Pancakes, Strawberries, Plain milk 1% or Fat Free			
<b>A:</b>	Peanut Butter, Celery	<b>A:</b>	Yogurt & fruit, Graham Crackers(WG), Pineapple			
<b>L:</b>	Turkey Meatballs, Brown Rice(WG), Mixed Vegetables, Oranges, Plain milk 1% or Fat Free	<b>L:</b>	Chicken Enchiladas, Corn Tortilla(WG), Lettuce, Pineapple, Plain milk 1% or Fat Free			
<b>P:</b>	Cheese Tortilla Roll up, Tortilla - Whole Grain(WG), --	<b>P:</b>	Pretzels, Apples			
<b>E:</b>	Trail Mix, Raisins	<b>E:</b>	Peanut Butter & Jelly Sandwich, Whole Wheat Bread(WG)			