

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Chili Mac	Bean & Rice Burrito bowl	Pulled chicken fajita		Cheese pizza
Ground turkey 1oz	Black bean 1/4c	Seasoned pulled chicken 1oz	Teriyaki chicken 1oz	Pizza cheese 2oz
Whole grain penne 1/4c	Mexican brown rice 1/4c	Whole grain tortilla 1oz	Fried Brown rice 1/4c	Whole grain dough 2oz
Red kidney beans 1/4c	Grated cheddar cheese .5oz	Seasoned carrot coins 1/8c	Spinach 1/8c	Coleslaw 1/8c
Tomato sauce 1/8c	Corn 1/8c			Tomato sauce 1/6c
Fresh orange wedges 1/8c	Banana 1/8c	Honeydew melon 1/8c	Fresh apple wedges 1/8c	Mixed fresh fruit 1/8c
Whole white milk 4oz	Whole white milk 4oz	Whole white milk 4oz	Whole white milk 4oz	Whole white milk 4oz
9	10	11	12	13
Macaroni cheese			Chicken salad sandwich	Cheese pizza
Cheddar cheese 2oz	Rotisserie chicken 1oz	Baked fish sticks 3pcs	Chicken breast 1oz	Pizza cheese 2oz
Whole grain macaroni 1/2c	Green peas & corn 1/8c	Mashed sweet potato 1/8c	Whole grain sliced bread 1/4c	Whole grain dough 2oz
Baked veggie beans 1/8c	Whole grain sliced bread 1/2 slice	Brown rice (yellow recipe) w/red kidney beans 1/4c	Coleslaw 1/8c	Tomato sauce 1/6c
Fresh orange wedges 1/8c	Banana 1/8c	Honeydew melon 1/8c	Fresh apple wedges 1/8c	Collard greens 1/8c
Whole white milk 4oz	Whole white milk 4oz	Whole white milk 4oz	Whole white milk 4oz	Cantaloupe 1/8c
				Whole white milk 4oz
16	17	18	19	20
Lasagna pasta bake	Turkey taco		Cheese pizza	Ham & cheese sandwich
Ground turkey & cheese 1oz	Sesoned Ground turkey 1oz	Peruvian chicken 1oz	Pizza cheese 2oz	Turkey ham 1oz
Whole grain rotini 1/4c	Black bean & corn 1/8c	Peruvian brown rice 1/4c	Whole grain dough 2oz	Whole wheat sliced bread 1slice
Tomato sauce 1/4c	Whole grain tortilla 1oz		Mashed potato 1/8c	Low fat cheddar cheese .5oz
Spinach 1/8c	Shredded lettuce 1/8c	Savory lentil 1/8c	Tomato sauce 1/6c	Baby carrots 1/8c
Fresh orange wedges 1/8c	Banana 1/8c	Honeydew melon 1/8c	Fresh apple wedges 1/8c	Fresh mixed fruit 1/8c
Whole white milk 4oz	Whole white milk 4oz	Whole white milk 4oz	Whole white milk 4oz	Whole white milk 4oz
23	24	25	26	27
Mac & cheese		Sloppy Joe sandwich	Chicken Pot Pie	Cheese pizza
Cheddar cheese 2oz	Pulled BBQ chicken 1oz	Ground turkey 1oz	Diced chicken 1oz	Pizza cheese 2oz
Whole grain macaroni 1/4c	Fajita brown rice 1/4c	Whole grain bun 2oz	Green peas & corn 1/8c	Whole grain dough 2oz
Green beans 1/8c	Collard greens 1/8c	Mashed sweet potato 1/8c	Whole grain sliced bread 1/4c	Beans salad 1/8c
Fresh orange wedges 1/8c	Banana 1/8c	Cantaloupe 1/8c	Fresh apple wedges 1/8c	Tomato sauce 1/6c
Whole white milk 4oz	Whole white milk 4oz	Whole white milk 4oz	Whole white milk 4oz	Honeydew melon 1/8c
				Whole white milk 4oz
30	31			
Spaghetti meatsauce				
Ground turkey 1oz	Baked chicken nuggets 3pcs			
Whole grain spaghetti 1/4c	Fried brown rice 1/4c			
Spinach 1/8c	w/kidney beans .5oz			
Tomato sauce 1/4c	Seasoned carrot coins 1/8c			
Fresh orange wedges 1/8c	Banana 1/8c			
Whole white milk 4oz	Whole white milk 4oz			

Portion Control: Daily meals include at least 1.5oz equi. Protein, 1/4 cup of fruit, vegetables, beans or peas and 1 serving (.5oz equivalent) of a 100% whole grain, All juices are 100% juice.

Milk Variety: For 1-2 year old 4 fluid ounces whole unflavored milk; for 3-5 year old 6 fluid oz: Unflavored low-fat(1%) fluid milk is offered to each child every day.

Instant Whip Dairy ,

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