

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Chili Mac	Chicken & bean burrito bowl	BBQ chicken sandwich		Cheese pizza
Chili w. ground turkey 1oz	Seasoned chicken cubes .5oz	Pulled BBQ chicken 1oz	Peruvian chicken 1oz	Pizza Cheese 2oz
Whole grain penne 1/8c	Black beans 1oz	Whole grain bun 2oz	Fajita brown rice 2oz	Whole grain dough 2oz
w/ Red Kidney Beans 1/8c	Mexican brown rice 1/4c	Seasoned sliced carrots 1/8c	Spinach 1/8c	Tomato sauce 1/6c
Diced tomato & sauce 1/4c	Whole kernel corn 1/8c			Green beans 1/8c
Green pepper & onion 1/8c				
Fresh orange wedges 1/8c	Banana 1/8c	Watermelon 1/8c	Fresh apple wedges 1/8c	Honeydew melon 1/8c
Whole white milk 4oz	Whole white milk 4oz	Whole white milk 4oz	Whole white milk 4oz	Whole white milk 4oz
8	9	10	11	12
Macaroni cheese			Ham & cheese sandwich	Cheese pizza
Cheddar cheese 2oz	Rotisserie chicken 1oz	Baked fish sticks 1oz	Turkey ham 1oz	Pizza Cheese 1.5oz
Whole grain macaroni 1/4c	Steamed broccoli 1/8c	Mashed sweet potato 1/8c	Whole grain sliced bread 1/4c	Whole grain dough 1/4c
Baked veggie beans 1/8c	Whole grain sliced bread 1/2 slice	Brown rice (yellow recipe) 1/4c	Sliced cheddar cheese .5oz	Tomato sauce 1/6c
		w/red kidney beans .5oz	Coleslaw 1/8c	Sweet corn 1/8c
Fresh orange wedges 1/8c	Banana 1/8c	Watermelon 1/8c	Fresh apple wedges 1/8c	Cantaloupe 1/8c
Whole white milk 4oz	Whole white milk 4oz	Whole white milk 4oz	Whole white milk 4oz	Whole white milk 4oz
15	16	17	18	19
Spaghetti meatsauce	Sloppy Joe sandwich		Cheese pizza	Egg salad sandwich
Ground turkey 1oz	Ground turkey 1oz	Baked Chicken patty 1oz	Pizza Cheese 2oz	Hard boiled egg 1 oz
Whole grain spaghetti 1/4c	Seasoned sliced carrots 1/8c	Fried brown rice 1/4c	Whole grain dough 2oz	Whole wheat sliced bread 1slice
Tomato sauce 1/4c	Whole grain buns 2oz	w/red kidney beans .5oz	Mashed potato 1/8c	
Spinach 1/8c		Savory lentil 1/8c	Tomato sauce 1/6c	Three beans salad 1/8c
Fresh orange wedges 1/8c	Banana 1/8c	Watermelon 1/8c	Cantaloupe 1/8c	Fresh fruit medley 1/8c
Whole white milk 4oz	Whole white milk 4oz	Whole white milk 4oz	Whole white milk 4oz	Whole white milk 4oz
22	23	24	25	26
Macaroni cheese	Cheese pizza			
Cheddar cheese 2oz	Pizza Cheese 2oz	WINTER BREAK	WINTER BREAK	WINTER BREAK
Whole grain macaroni 1/4c	Whole grain dough 2oz	CENTER CLOSED	CENTER CLOSED	CENTER CLOSED
Collard greens 1/8c	Mashed potato 1/8c			
	Tomato sauce 1/6c			
Fresh orange wedges 1/8c	Cantaloupe 1/8c			
Whole white milk 4oz	Whole white milk 4oz			
29	30	31		
WINTER BREAK	WINTER BREAK	WINTER BREAK	HAPPY NEW YEAR!!!	
CENTER CLOSED	CENTER CLOSED	CENTER CLOSED		

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

Instant Whip Dairy ,

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