

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2		3		4		5		6	
Chili Mac		Bean & Rice Burrito bowl		Chick'n fajita				<b>Cheese pizza</b>	
Meatless beef granules	1.5oz	Black bean	1/4c	Seasoned meatless Chick'n	1.5oz	Teriyaki meatless chick'n	1.5oz	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	1/4c	Spinach	1/4c	Three bean salad	1/4c
Tomato sauce	1/4c	Corn						Tomato sauce	1/6c
Fresh orange wedges	1/4c	Banana	1/4c	Honeydew melon	1/4c	Fresh apple wedges	1/4c	Mixed fresh fruit	1/4c
1% white milk	6oz	1% white milk	6oz	1% white milk	6oz	1% white milk	6oz	1% white milk	6oz
9		10		11		12		13	
Macaroni cheese						Meatless Chick'n salad sandwich		<b>Cheese pizza</b>	
Cheddar cheese	2oz	Rotisserie meatless chick'n	1.5oz	<b>Meatless ham steak</b>	1.5oz	Meatless Chick'n	1.5oz	Pizza cheese	2oz
Whole grain macaroni	1/2c	Green peas & corn	1/4c	Mashed sweet potato	1/4c	Whole grain sliced bread	1/4c	Whole grain dough	2oz
Baked veggie beans	1/4c	Whole grain sliced bread	1/2 slice	Brown rice (yellow recipe) w/red kidney beans	1/4c 1/8c	Coleslaw	1/4c	Tomato sauce	1/6c
Fresh orange wedges	1/4c	Banana	1/4c	Honeydew melon	1/4c	Fresh apple wedges	1/4c	Collard greens	1/4c
1% white milk	6oz	1% white milk	6oz	1% white milk	6oz	1% white milk	6oz	Cantaloupe	1/4c
								1% white milk	6oz
16		17		18		19		20	
Lasagna pasta bake		Taco				<b>Cheese pizza</b>		Ham & cheese sandwich	
Meatless beef & cheese	1.5oz	Sesoned beef granules	1.5oz	Peruvian meatless chick'n	1.5oz	Pizza cheese	2oz	Meatless ham	(1.5 oz)
Whole grain rotini	1/4c	Black bean & corn	1/4c	Peruvian brown rice	1/4c	Whole grain dough	2oz	Whole wheat sliced bread	1slice
Tomato sauce	1/4c	Whole grain tortilla	1oz			Mashed potato	(1/4 c)	Low fat cheddar cheese	.5oz
Spinach	1/4c	Shredded lettuce	1/8c	Savory lentil	1/4c	Tomato sauce	1/6c	Baby carrots	1/4c
Fresh orange wedges	1/4c	Banana	1/4c	Honeydew melon	1/4c	Fresh apple wedges	1/4c	Fresh mixed fruit	1/4c
1% white milk	6oz	1% white milk	6oz	1% white milk	6oz	1% white milk	6oz	1% white milk	6oz
23		24		25		26		27	
Mac & cheese				Sloppy Joe sandwich				<b>Cheese pizza</b>	
Cheddar cheese	2oz	Meatless BBQ chick'n	1.5oz	Meatless beef granules	1.5oz	Meatless Diced chick'n	1.5oz	Pizza cheese	2oz
Whole grain macaroni	1/4c	Fajita brown rice	1/4c	Whole grain bun	2oz	Green peas & corn	1/4c	Whole grain dough	2oz
Green beans	1/4c	Collard greens	1/4c	Mashed sweet potato	1/4c	Fried brown rice	1/4c	Beans salad	1/4c
Fresh orange wedges	1/4c	Banana	1/4c	Cantaloupe	1/4c	Fresh apple wedges	1/4c	Tomato sauce	1/6c
1% white milk	6oz	1% white milk	6oz	1% white milk	6oz	1% white milk	6oz	Honeydew melon	1/4c
								1% white milk	6oz
30		31							
Spaghetti meatsauce									
Meatless beef granules	1.5oz	Meatless chick'n	1.5oz						
Whole grain spaghetti	1/4c	Fried brown rice	1/4c						
Spinach	1/4c	w/kidney beans	.5oz						
Tomato sauce	1/4c	Seasoned carrot coins	1/4c						
Fresh orange wedges	1/4c	Banana	1/4c						
1% white milk	6oz	1% white milk	6oz						

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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