



Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 Beef and Pasta (1 1/2 oz. Beef, 3 oz Sauce) WG Rotini Pasta Broccoli Sliced Peaches Whole/1% Milk	3 Grilled Chicken Asado WG Spanish Rice Black Beans Pineapple Tidbits Whole/1% Milk	4 Smothered Meatballs (4) (Onion, Tomato Gravy) WG Dinner Roll Au Gratin Potatoes Fresh Melon Whole/1% Milk	5 Chicken Cheese Quesadilla (1 oz. Diced Chicken, 1 oz. Cheese) Romaine Salad Fresh Banana (1/2) Whole/1% Milk
8 Chicken Cacciatore (Peppers, Onions, Sauce) WG Rotini Noodles Green Beans Diced Pears Whole/1% Milk	9 Salisbury Steak and Gravy WG Dinner Roll Mashed Potatoes Cinnamon Applesauce Whole/1% Milk	10 Teriyaki Chicken WG Brown Rice Garlic Broccoli Pineapple Tidbits Whole/1% Milk	11 BBQ Chicken WG Tortilla Baked Beans Mandarin Orange Segments Shredded Cheddar Whole/1% Milk	12 Beef Patty American Cheese WG Wheat Bun Cauliflower Mashed Fresh Banana (1/2) Whole/1% Milk
15 Chicken Patty WG Rice Casserole with Zucchini Strawberry Applesauce Whole/1% Milk	16 Korean Beef WG Rice Roasted Broccoli Pineapple Tidbits Whole/1% Milk	17 (3/4 c)Macaroni And Cheese (3 oz Cheddar Cheese Sauce 3 oz WG Elbow Macaroni) Green Beans Diced Pears Whole/1% Milk	18 Sloppy Joe Meat WG Burger Bun Tater Tots Sliced Peaches Whole/1% Milk	19 Scrambled Cheese Eggs WG French Toast Home Fried Potatoes Fresh Banana (1/2) Whole/1% Milk
22 Breaded Chicken Tenders (3) WG Breadstick Cooked Baby Carrots Fresh Apple Wedges Whole/1% Milk	23 Beef Taco Meat (Seasoned Ground Beef) Shredded Lettuce/Cheese/Taco Sauce Mexicorn Diced Pears Whole/1% Milk	24 BBQ Chicken WG Rice Casserole with Broccoli Mandarin Orange Segments Whole/1% Milk	25 Beef and Chicken Meatballs (4) WG Spaghetti and Sauce Zucchini and White Beans Fresh Melon Whole/1% Milk	26 Sliced Turkey and Gravy WG Dinner Roll Mashed Potatoes Fresh Banana (1/2) Whole/1% Milk
29 Chicken Nuggets (4) WG Dinner Roll Cooked Carrots Fresh Apple Wedges Whole/1% Milk	30 Beef and Pasta (3/4 c.) (1 1/2 oz. Beef, 3 oz Sauce) WG Rotini Pasta Broccoli Sliced Peaches Whole/1% Milk			

	1 & 2 Years	3-5 Years	6-12 Years
Meat or Meat Alternative	1 oz.	1 1/2 oz.	2 oz.
Grains	1/2 oz. eq ²	1/2 oz. eq ²	1 oz. eq ²
Fruit	1/8c.	1/4c	1/4c
Vegetable	1/8c.	1/4c.	1/2c.
Fluid Milk	1/2c	3/4c	1c

The Following Major Food Allergens Are Used As Ingredients: Milk, Egg, Fish, Tree Nuts, Wheat, Soy, and Sesame. All Sites are Peanut and Shellfish Free.

