



Monday	Tuesday	Wednesday	Thursday	Friday
	1 wheat bagel w/cream cheese Sunbutter and jam sandwich carrot sticks fruit whole milk fruit popsicles and vanilla wafers	2 cereal and fruit chicken teriyaki broccoli fruit whole milk Chex Mix	3 fruit and oatmeal grilled chicken sandwich carrot sticks applesauce whole milk salsa and tortilla chips	4 biscuits and whole milk tacos w/ground turkey lettuce and tomato fruit whole milk gingerbread & milk
	Inf. Substitution: cooked carrots	Inf. Substitution: cheese and crackers	Inf. Substitution: cooked carrots, fig bar	
7 yogurt parfait baked ziti and ground turkey w/tomato sauce fruit whole milk string cheese and Ritz	8 strawberries and cereal pizza garden salad fruit whole milk pretzel chips and hummus	9 raisin bread w/cream cheese nachos w/ground turkey guacamole and tomatoes fruit whole milk fruit popsicles and vanilla wafers	10 banana muffin w/whole milk turkey burger sweet potato fries fruit whole milk cinnamon chips	11 scrambled eggs and wheat toast grilled chicken & potato wedges broccoli fruit whole milk carrot cookie bites
	Inf. Substitution: crackers		Inf. Substitution: oatmeal bar	
14 pancakes and bananas turkey meatball subs green beans fruit whole milk cucumbers, carrot sticks, and dip	15 applesauce and raisin bread cheese tortellini broccoli fruit whole milk cheese and crackers	16 blueberries and cereal grilled chicken salad Hawaiian rolls fruit whole milk tortilla chips & bean dip	17 smoothie w/graham crackers BBQ chicken sandwich cauliflower au gratin fruit whole milk apple slices and goldfish	18 bagel w/cream cheese breakfast casserole mixed raw veggies fruit whole milk Rice Krispy treats
		Inf. Substitution: crackers	Inf. Substitution: applesauce	
21 oatmeal and fruit cheesy chicken subs carrot sticks fruit whole milk hummus and pretzel chips	22 fig bar & whole milk turkey pinwheels lettuce and tomato applesauce whole milk Chex Mix	23 fruit and cereal spaghetti w/meat sauce green beans fruit whole milk string cheese and Ritz	24 blueberry muffins and whole milk chicken and broccoli fruit brown rice whole milk bell peppers and dip	25 pancakes and fruit burritos corn fruit whole milk trail mix
Inf. Substitution: cooked carrots, crackers	Inf. Substitution: oatmeal bar		Inf. Substitution: bananas and crackers	Inf. Substitution: cheese & crackers
86 smoothie w/ graham crackers meatloaf mashed potatoes fruit whole milk salsa and tortilla chips	29 waffles & sunbutter pasta salad w/tomatoes fruit whole milk pudding and vanilla wafers	30 cinnamon toast w/cream cheese tomato soup grilled cheese sandwich fruit whole milk strawberry yogurt & granola	31 biscuits and whole milk baked chicken and brown rice broccoli fruit whole milk banana chip muffins	
Inf. Substitution: fig bar				