



| MONDAY |  | TUESDAY |  | WEDNESDAY |  | THURSDAY |  | FRIDAY |   |
|--------|--|---------|--|-----------|--|----------|--|--------|---|
| 1      | WG Toast<br>Cottage Cheese<br>Pineapple<br>Milk              | 2       | Yogurt<br>Apricots<br>Whole Grain Biscuit<br>Milk          | 3         | French Toast Stick<br>Mango Chunks<br>Milk   | 4        | WG Muffin<br>Strawberries<br>Milk            | 5      | Cereal-Toasted Oats<br>Baked Apple Slices<br>Milk |
| 8      | English Muffin Half<br>Mandarin Oranges<br>Egg Patty<br>Milk | 9       | Yogurt<br>Strawberries<br>Whole Grain Biscuit<br>Milk      | 10        | WG Bagel<br>Mixed Fruit<br>Milk              | 11       | WG Toast<br>Peaches<br>Milk                  | 12     | French Toast Stick<br>Tropical Fruit<br>Milk      |
| 15     | Cereal-Toasted Oats<br>Pineapple<br>Yogurt<br>Milk           | 16      | WG Waffle Sticks<br>Mixed Berries<br>Milk                  | 17        | WG Toast<br>Orange Slices<br>Milk            | 18       | Whole Grain Biscuit<br>Banana Slices<br>Milk | 19     | * OFF   |
| 22     | * OFF  | 23      | Cereal-Toasted Oats<br>Sunshine Fruit<br>Egg Patty<br>Milk | 24        | Whole Grain Biscuit<br>Mixed Berries<br>Milk | 25       | WG Bagel<br>Banana Slices<br>Milk            | 26     | WG Pancake<br>Mandarin Oranges<br>Milk            |
| 29     | WG Toast<br>Cottage Cheese<br>Pineapple<br>Milk              | 30      | Yogurt<br>Apricots<br>Whole Grain Biscuit<br>Milk          |           |  |          |  |        |   |

### School News

\*Items on menu  
subject to change\*





| MONDAY |                                       | TUESDAY |                               | WEDNESDAY |  | THURSDAY |  | FRIDAY |                       |
|--------|---------------------------------------|---------|-------------------------------|-----------|--|----------|--|--------|-----------------------|
| 1      | Carrot Sticks<br>Hard Boiled Egg      | 2       | Fruit Yog Smoothie            | 3         | Cereal-Toasted Oats<br>Banana Slices   | 4        | WG Beet Chip<br>Egg Salad                            | 5      | Cheese Pizza Eng Muf  |
| 8      | Cheese Slices<br>Whole Wheat Crackers | 9       | Applesauce<br>WG Pancake      | 10        | WG Mini Soft Pretzel<br>Cucumber Coins | 11       | English Muffin Half<br>Fresh Mixed Veggies<br>Hummus | 12     | Yogurt<br>Mixed Fruit |
| 15     | Cheese Stick<br>Peaches               | 16      | Apple Slices<br>Diced Chicken | 17        | Spinach & Kale Chips<br>Fresh Melon    | 18       | Cheese Stick<br>Fruit Salad                          | 19     | * OFF                 |
| 22     | * OFF                                 | 23      | Granola<br>Yogurt             | 24        | Snack Mix<br>Halved Green Grapes       | 25       | Tortilla Chips<br>Salsa<br>Fresh Mixed Veggies       | 26     | Broccoli<br>Hummus    |
| 29     | Carrot Sticks<br>Hard Boiled Egg      | 30      | Fruit Yog Smoothie            |           |  |          |  |        |                       |

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|--------|--|---------|--|-----------|---|----------|--|--------|---|
| 1      | Fish Sticks<br>WG Bread Stick<br>Broccoli Slaw<br>Kiwi<br>Milk | 2       | Kati Kati Chicken<br>Jollof Rice<br>Pears<br>Milk                                      | 3         | Spaghetti Casserole<br>Cauliflower<br>Fruit Applesauce<br>Milk                            | 4        | Yogurt<br>Cucumber Coins<br>Fresh Melon<br>Milk                                    | 5      | Bean Burrito Bowl<br>Brown Rice<br>Shredded Cheese<br>Salsa<br>Lettuce Salad<br>Peaches<br>Milk |
| 8      | Chicken Strips<br>Coleslaw<br>Pineapple<br>Milk                | 9       | Deli Turkey<br>WG Flatbread Bun<br>Artisan Salad<br>Pears<br>Milk                      | 10        | "Samosa"<br>WG Flatbread Bun<br>Diced Potatoes<br>Banana Slices<br>Milk                   | 11       | Bean Chili<br>Cornbread<br>Grapefruit<br>Milk                                      | 12     | WG Quesadilla<br>Black Beans<br>Tomato Slices<br>Blueberries<br>Milk                            |
| 15     | Twisted Tuna<br>WG Tortilla<br>Carrots<br>Mango Chunks<br>Milk | 16      | Chicken Tikka Masala<br>Brown Rice<br>Halved Green Grapes<br>Milk                      | 17        | Ranchero Beans<br>Shredded Cheese<br>WG Tortilla<br>Lettuce Salad<br>Blackberries<br>Milk | 18       | Mediterranean Chickn<br>Brown Rice Pilaf<br>Pepper Slices<br>Blood Oranges<br>Milk | 19     | * OFF   |
| 22     | * OFF  | 23      | Chicken Roll Up<br>WG Tortilla<br>Shredded Cheese<br>Carrots<br>Tropical Fruit<br>Milk | 24        | Three Sisters Soup<br>Turkey Burger<br>WG Flatbread Bun<br>Apple Slices<br>Milk           | 25       | Asian Tofu<br>Brown Rice<br>Stir Fry Veggies<br>Fresh Melon<br>Milk                | 26     | Cheese Pizza<br>Cauliflower<br>Mixed Fruit<br>Milk  |
| 29     | Fish Sticks<br>WG Bread Stick<br>Broccoli Slaw<br>Kiwi<br>Milk | 30      | Kati Kati Chicken<br>Jollof Rice<br>Pears<br>Milk                                      |           |   |          |  |        |   |

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