

MONDAY

1 Baked Spaghetti
Cheese Stick
Tossed Salad
Pineapple
French Bread
1% Milk

8 Italian Pasta Salad
Cottage Cheese
Sliced Cucumbers
Pineapple
1% Milk

15 Waffles
Yogurt
Sliced Bell Peppers
Mandarin Oranges
1% Milk

22 Chicken Alfredo Ravioli
Steamed Green Beans
Mandarin Oranges
1% Milk

29 Fish Sticks
Mashed Potatoes
Applesauce
Whole Grain Crackers
1% Milk

TUESDAY

2 Tater Tot Casserole
w/Ground Turkey
Steamed Green Beans
Apple Slices
Whole Grain Crackers
1% Milk

9 Chicken Nuggets
Carrots w/Ranch
Bananas
Bread w/Honey
1% Milk

16 Ham and Scalloped Potatoes
Steamed Green Beans
Apple Slices
Whole Grain Bread
1% Milk

23 Turkey on Whole Grain
Sliced Cucumbers
Apple Slices
1% Milk

30 Vegetarian Taco Salad
Steamed Corn
Mandarin Oranges
Whole Grain Tortilla Chips
1% Milk

WEDNESDAY

3 French Toast Sticks
Yogurt
Sliced Bell Peppers
Strawberries
1% Milk

10 Tortilla Turkey Deli Roll-Up
Raw Veggie Mix
Apple Slices
1% Milk

17 Chicken and Broccoli Stir-Fry
Brown Rice
Bananas
1% Milk

24 Baked Tuna Noodle Casserole
Steamed Peas
Sliced Pears
1% Milk

Vegetarian

THURSDAY

4 Turkey Sloppy Joes
Steamed Mixed Veggies
Applesauce
1% Milk

11 PB & J on Whole Grain
Cottage Cheese
Sliced Bell Peppers
Mandarin Oranges
1% Milk

18 Pizza Pasta Casserole
Cooked Carrots
Applesauce
1% Milk

25 English Muffin Pizza
Cottage Cheese
Raw Veggie Mix
Pineapple
1% Milk

FRIDAY

5 Beanie Weenies
Cooked Carrots
Bananas
Whole Grain Bread
1% Milk

12 Chicken Enchilada Casserole
Steamed Broccoli
Sliced Pears
1% Milk

19 Cheesy Baked Egg Casserole
Roasted Potatoes
Pineapple
Whole Grain Bread
1% Milk

26 Mac and Cheese
Baked Beans
Steamed Broccoli
Bananas
1% Milk