



Weeks 1, 3, 5

MONDAY
14; 28

TUESDAY
1; 15; 29

WEDNESDAY
2; 16; 30

THURSDAY
3; 17; 31

FRIDAY
4; 18

BREAKFAST

Marshmello Mateys or Cinnamon Toasters with Graham Crackers

Yogurt with Graham Crackers

Coffee Cake

Bagel with Cream Cheese

Cinnamon Roll

LUNCH

Hamburger with Cucumber
Hamburguesa con Pepino

Teriyaki Chicken with Brown Rice with Broccoli
Pollo Teriyaki con Arroz y Brocoli

Chicken Salad Croissant'wich with Carrots
Croissant de Ensalada de Pollo con Zanahorias

Turkey Hot Dog with Baked Beans
Perro Caliente de Pavo con Frijoles al Horno

BBQ Turkey Sandwich and Tater Puffs
Sandwich de Pavo a la Barbacoa y Papas

Veggie Burger with Cucumber
Hamburguesa Vegetariana con Pepino

Veggie Asian Wrap and Broccoli
Ensalada Vegetariana Envuelto con Brocoli

Cheese Quesadilla with Carrots
Croissant de Vegetales y Queso con Zanahorias

Mac and Cheese with Baked Beans
Macarrones con Queso y Frijoles al Horno

Grilled Cheese and Tater Puffs
Sandwich Caliente de Queso y Papas

Southwest Chicken Salad

Chicken Caesar Wrap

Italian Chopped Salad

Turkey and Cheese Hoagie

Asian Chicken Salad and Dinner Roll

Non-fat and 1% milk are available at each meal. 100% juice or fresh fruit is offered at breakfast. Fresh fruits and veggies are served with lunch.

Week 2, 4

MONDAY
7; 21

TUESDAY
8; 22

WEDNESDAY
9; 23

THURSDAY
10; 24

FRIDAY
11; 25

BREAKFAST

Cinnamon Toasters or Honey Nut Scooters with Graham Crackers

Buttermilk Bar

Coffee Cake

Banana Bread

Marshmello Mateys or Cinnamon Toasters with Graham Crackers

LUNCH

Chicken Patty Sandwich with Pineapple Coleslaw
Sandwich de Pollo Empanizado con Ensalada Cole y Pina

Beef and Broccoli over Brown Rice with Carrots
Carne de Res y Brocoli con Arroz y Zanahorias

Chicken Fajitas with a Tortilla and Pinto Beans
Fajitas de Pollo con un Tortilla y Frijoles Pintos

Chicken Tenders a Dinner Roll, Mashed Potatoes, and Corn
Trozos de Pollo con un Panecillo, Pure de Papa y Elote

Cheese Pizza with Broccoli
Pizza con Brocoli

Veggie Burger with with Pineapple Coleslaw
Hamburguesa Vegetariana con Ensalada Cole y Pina

Veggie Asian Wrap with Carrots
Ensalada Asiatico Envuelto con Zanahorias

Southwestern Veggie Salad with Pinto Beans
Ensalada Suroeste con Frijoles Pintos

Grilled Cheese Sandwich with Mashed Potatoes and Corn
Sandwich Caliente de Queso y Pure de Papa y Elote

Cheese Pizza with Broccoli
Pizza con Brocoli

Chopped Mexican Salad

Turkey and Cheese Wrap

Chef Salad

Chicken Croissant'wich

Chicken Buffalo Wrap

Non-fat and 1% milk are available at each meal. 100% juice or fresh fruit is offered at breakfast. Fresh fruits and veggies are served with lunch.