

Monday

Tuesday

Wednesday

Thursday

Friday

11

12

13

14

BREAKFAST

Banana Muffin

Cereal

Overnight Oats

Blueberry Muffin

LUNCH

Sack Lunch:

BBQ Chicken Sandwich

Sack Lunch:

Turkey Ham and Cheese Sandwich

BRUNCH FOR LUNCH:

French Toast, Turkey or Veggie Sausage and Potatoes

Chicken Patty Sandwich with Carrots

Veggie Patty Sandwich with Carrots

VEGETARIAN

Tomato and Cheese Sandwich

Sunbutter Sandwich

17

18

19

20

21

BREAKFAST

Cereal with Graham Crackers

Egg & Cheese BF Burrito

Bagel with Cream Cheese

Yogurt Parfait

Chicken or Veggie Croissant

LUNCH

National Fajita Day:

Chicken Fajita Tacos with Beans

Tofu Fajita Tacos with Beans

MEATLESS DAY:

Pizza Bagel with Carrots

Sack Lunch:

Chicken Salad Croissant

Tomato Cheese Croissant

Baked Herbed Chicken w/ Rice and Garlic Broccoli

Baked Herbed Tofu w/ Rice and Garlic Broccoli

Pulled BBQ Chicken Sandwich with Pineapple slaw

Veggie Patty Sandwich with Pineapple slaw

VEGETARIAN

24

25

26

27

28

BREAKFAST

Cereal with Graham Crackers

French Toast and Chicken or Veggie Sausage

Cinnamon Crumble

Oatmeal

Turkey Chorizo Eggsadilla

LUNCH

Creamy Tomato Chicken Ziti w/ Garden Salad

Chicken Patty Sandwich with Fries

Sack Lunch:

Chicken Caesar Wrap

MEATLESS DAY:

Pizza Bagel with Salad

Green Chile Chicken Tamale with Beans

VEGETARIAN

Creamy Tomato Cheesy Ziti w/ Garden Salad

Veggie Patty Sandwich with Fries

Tomato and Cheese Wrap

Cheese Tamale with Beans

31

BREAKFAST

Cereal with Graham Crackers

LUNCH

Chicken Spaghetti with Broccoli

VEGETARIAN

Cheesy Spaghetti with Broccoli

*Plain 1% low-fat milk or non-fat milk and fresh fruit are offered with each meal.