

	Monday	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
BREAKFAST		Egg and Cheese Burrito	Banana Muffin	Oatmeal	Waffle and Turkey or Veggie Sausage
LUNCH		Three Cheese Mac with Creamy Pea Salad	<u>SACK LUNCH:</u> Ham and Cheese Hoagie Roll with Carrots	<u>MEATLESS DAY:</u> Cheese Tamale with Lime Slaw	Grilled Cheese Sandwich with Carrots
VEGETARIAN			Tomato, Cheese, Lettuce Hoagie Roll with Carrots		
	7	8	9	10	11
BREAKFAST		Cereal with Graham Crackers	Turkey Sausage Biscuit	Yogurt Parfait	Pancake and Turkey or Veggie Sausage
LUNCH	<u>HOLIDAY</u>	Chicken Patty Sandwich With Carrots	<u>SACK LUNCH:</u> Chicken Salad Sandwich with Cucumbers	Turkey Hot Dog with Chili Beans	<u>MEATLESS DAY:</u> Creamy Cheese Tomato Ziti with Salad
VEGETARIAN		Veggie Patty Sandwich with Carrots	Tomato and Cheese Sandwich with Cucumbers	Veggie Hot Dog with Chili Beans	
	14	15	16	17	18
BREAKFAST	Cereal with Graham Crackers	Waffle w/ Chicken or Veggie Sausage	Bagel with Cream Cheese	Oatmeal	Egg and Cheese Burrito
LUNCH	Chicken Teriyaki with Rice and Asian Slaw	<u>MEATLESS DAY:</u> Mac and Cheese with Garden Salad	<u>SACK LUNCH:</u> Sunbutter Sandwich	Hot Turkey Ham and Cheese Sandwich with Carrots	Chicken Patty Sandwich with Chili Beans
VEGETARIAN	Tofu Teriyaki with Rice and Asian Slaw			Grilled Cheese Sandwich with Carrots	Veggie Patty Sandwich with Chili Beans
	21	22	23	24	25
BREAKFAST		Banana Muffin	Pancake w/ Chicken or Veggie Sausage	Overnight Oats	Turkey Chorizo Eggsadilla or Eggsadilla
LUNCH	NO SCHOOL	Turkey Picadillo with Rice and Squash	<u>SACK LUNCH:</u> Ham and Cheese Sandwich with Carrots	Chicken Penne Alfredo with Broccoli	Chicken Patty Sandwich with BBQ Beans
VEGETARIAN		Veggie Crumble Picadillo with Rice and Squash	Tomato Lettuce Cheese sandwich with Carrots	Cheese Penne Alfredo with Broccoli	Veggie Patty Sandwich with BBQ Beans
	28	29	30		
BREAKFAST	Cereal with Graham Crackers	Egg and Cheese Burrito	Bagel with Cream Cheese		
LUNCH	<u>MEATLESS DAY:</u> Cheese Ziti Marinara with Broccoli	Chicken Teriyaki with Rice and Asian Slaw	<u>SACK LUNCH:</u> Chicken Salad Sandwich with Carrots		
VEGETARIAN		Tofu Teriyaki with Rice and Squash	Tomato Cheese Sandwich		
*Plain 1% low-fat milk or non-fat milk and fresh fruit are offered with each meal.					
This institution is an equal opportunity provider and employer.					