

L1 - Hot Meal
L2 - Sandwich Option
L3 - Salad Option

Meals must be preordered
by the previous Tuesday

MONDAY 12/5		TUESDAY 12/6		WEDNESDAY 12/7		THURSDAY 12/8		FRIDAY 12/9	
BREAKFAST									
1/2 c WHOLE FRUIT, 100% FRUIT JUICE 1 oz WHOLE GRAIN CEREAL		1/2 c Whole Fruit, 1/2 c 100% Juice 3 oz. WG BAGEL W/TOPPING		1/2 c Whole Fruit, 1/2 c 100% Juice 2 oz. WHOLE GRAIN MUFFIN		1/2 c WHOLE FRUIT, 100% FRUIT JUICE 1 oz WHOLE GRAIN CEREAL		1/2 c Whole Fruit, 1/2 c 100% Juice 3 oz. WG BAGEL W/TOPPING	
LUNCH - 1 c milk									
SLOPPY JOES 2 oz TURKEY; TOMATO SAUCE WHOLE WHEAT HOT DOG ROLL 1 c ZUCCHINI w/ DIP 1 c FRESH FRUIT		MACARONI & CHEESE 2 oz WHOLE GRAIN ROTINI & 2 oz CHEESE 1 c SPINACH 1 c FRESH FRUIT		CHICKEN PATTY 2 oz CHICKEN WHOLE GRAIN ROLL 1 c ROASTED POTATOES 1 c FRESH FRUIT KETCHUP		MEXICAN RICE & BEEF TACOS 2 oz BEEF, 1/2 c BROWN RICE & 1/2 c ONION & GREEN PEPPERS 1 oz TORTILLA SCOOPS 1/2 c SOUTHWEST BEANS 1 c FRESH FRUIT		4 Whole Grain CHICKEN NUGGETS w/ 2 oz CHICKEN 1/2 c BROWN RICE 1/2 c CORN 1 c FRESH FRUIT	
SANDWICH - Egg Salad, Whole Grain Bulkie Roll, fruit & veggie									
SALAD -Garden Salad w/Citrus Chicken, spring mix, bell peppers, cucumbers, carrots, tomatoes, roll & fruit									
12/12		12/13		12/14		12/15		12/16	
BREAKFAST									
1/2 c WHOLE FRUIT, 100% FRUIT JUICE 1 oz WHOLE GRAIN CEREAL		1/2 c Whole Fruit, 1/2 c 100% Juice 3 oz. WG BAGEL W/TOPPING		1/2 c Whole Fruit, 1/2 c 100% Juice 2 oz. WHOLE GRAIN MUFFIN		1/2 c WHOLE FRUIT, 100% FRUIT JUICE 1 oz WHOLE GRAIN CEREAL		1/2 c Whole Fruit, 1/2 c 100% Juice 3 oz. WG BAGEL W/TOPPING	
LUNCH - 1 c milk									
4 SWEDISH MEATBALLS 2 oz BEEF 1 c WHOLE GRAIN NOODLES 1 c CARROTS w/ DIP 1 c FRESH FRUIT		AMERICAN CHOP SUEY 2 oz BEEF & 2 oz WHOLE GRAIN ROTINI w/ TOMATO SAUCE 1 c CUCUMBERS w/ DIP 1 c FRESH FRUIT		CHICKEN TACO 2 oz CHICKEN & SHREDDED CHEESE 1/4 c DICED TOMATOES & 1/2 c SHREDDED ROMAINE (on side) WHOLE WHEAT WRAP 1/2 c POTATO SALAD 1 c FRESH FRUIT		CHEESE PIZZA w/ 2 oz WHOLE GRAIN CRUST & 2 oz SHREDDED CHEESE 1 c BROCCOLI w/ DIP 1 c FRESH FRUIT		BBQ CHICKEN ON A BULKIE 2 oz CHICKEN & 1/2 c ROMAINE WHOLE GRAIN BULKIE ROLL 3/4 c RASPBERRY BEANS 1 c FRESH FRUIT	
SANDWICH - Chicken Salad, whole grain bulkie roll, fruit & veggie									
SALAD -Chef Salad, turkey, ham & cheese, romaine, cucumbers, carrots, tomatoes, roll & fruit									
12/19		12/20		12/21		12/22		12/23	
BREAKFAST									
1/2 c WHOLE FRUIT, 100% FRUIT JUICE 1 oz WHOLE GRAIN CEREAL		1/2 c Whole Fruit, 1/2 c 100% Juice 3 oz. WG BAGEL W/TOPPING		1/2 c WHOLE FRUIT, 100% FRUIT JUICE 2 oz. WHOLE GRAIN MUFFIN		1/2 c WHOLE FRUIT, 100% FRUIT JUICE 1 oz WHOLE GRAIN CEREAL		1/2 c Whole Fruit, 1/2 c 100% Juice 3 oz. WG BAGEL W/TOPPING	
LUNCH - 1 c milk									
TURKEY MEATLOAF w/ GRAVY w/ 2 oz TURKEY 2 slices WHOLE WHEAT BREAD 1 c STEAMED CARROTS 1 c FRESH FRUIT KETCHUP		MEATBALL GRINDER 4 MEATBALLS (2 oz BEEF) & TOMATO SAUCE WHOLE WHEAT HOT DOG ROLL 1/2 c CAULIFLOWER & 1/2 c BROCCOLI - LIGHTLY STEAMED 1 c FRESH FRUIT		4 Whole Grain CHICKEN NUGGETS w/ 2 oz CHICKEN 1/2 c BROWN RICE 1/2 c ROASTED POTATOES 1 c FRESH FRUIT		MEXICAN RICE & BEEF TACOS 2 oz BEEF, 1/2 c BROWN RICE & 1/2 c ONION & GREEN PEPPERS 1 oz TORTILLA SCOOPS 1 c ZUCCHINI w/ DIP 1 c FRESH FRUIT		No School	
SANDWICH - Turkey & Swiss, Whole Wheat bread, fruit & veggie									
SALAD -Greek Salad, w/Romain, Feta, tomato, onion, black olives, roll & fruit									