

L1 - Hot Meal L2 - Sandwich Option L3 - Salad Option	B - Breakfast	Meals must be preordered by the previous Tuesday

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5/6	5/7	5/8	5/9	5/10
BREAKFAST				
1/2 c WHOLE FRUIT, 1/2 c whole fruit 1 oz WHOLE GRAIN CEREAL	1/2 c Whole Fruit, 1/2 c 100% Juice 2 oz WHOLE GRAIN MUFFIN	1/2 c Whole Fruit, 1/2 c whole fruit 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, 1/2 c whole fruit 3 oz WG BAGEL w/ TOPPING
LUNCH - 1 c milk				
SWEDISH MEATBALLS 4 MEATBALLS (2 oz BEEF) 1 c WHOLE GRAIN NOODLES 1 c BROCCOLI w/ DIP 1 c FRESH FRUIT	CHICKEN PATTY 2 oz CHICKEN WHOLE GRAIN ROLL SALAD w/ 1/2 c SPRING MIX, 1/4 c TOMATO & 1/4 c CUCUMBER 1 c FRESH FRUIT	BREAKFAST FOR LUNCH 2 oz TURKEY SAUSAGE PATTY 2 WHOLE GRAIN FRENCH TOAST STICKS w/ SYRUP 1 c TATER TOTS 1 c FRESH FRUIT KETCHUP	CHEESE PIZZA w/ 2 oz WHOLE GRAIN CRUST & 2 oz STRING CHEESE 1 c RED BELL PEPPERS w/ DIP 1 c FRESH FRUIT	SLOPPY JOES 2 oz BEEF; TOMATO SAUCE WHOLE WHEAT HOT DOG ROLL 1 c CARROTS w/ DIP 1 c FRESH FRUIT
SANDWICH - Turkey & Swiss on Wheat Bread, fruit & veggie				
SALAD - Caprese Salad, Greens Tomatoes, Mozzarella, roll & fruit				
5/13	5/14	5/15	5/16	5/17
BREAKFAST				
1/2 c WHOLE FRUIT, 1/2 c whole fruit 1 oz WHOLE GRAIN CEREAL	1/2 c Whole Fruit, 1/2 c 100% Juice 2 oz WHOLE GRAIN MUFFIN	1/2 c Whole Fruit, 1/2 c whole fruit 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, 1/2 c whole fruit 3 oz WG BAGEL w/ TOPPING
LUNCH - 1 c milk				
HAMBURGER 2 oz HAMBURGER WHOLE WHEAT ROLL 1 c CARROTS w/ DIP 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 & SHREDDED CHEESE 1/2 c BROWN RICE 1/2 c ONION & GREEN PEPPERS 1 oz TORTILLA SCOOPS 1/2 c SOUTHWEST BEANS 1 c FRESH FRUIT	CHICKEN NUGGETS 5 WG CHICKEN NUGGETS w/ 2 oz CHICKEN WHOLE GRAIN ROLL 1/2 c SALSA (all vegetables) 1/2 c CORN 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
SANDWICH - Tuna Salad, Whole Grain bulkie roll, fruit & veggie				
SALAD - Garden Salad w/Citrus Chicken, spring mix, pepper, cucumbers, tomatoes, roll & fruit				
5/20	5/21	5/22	5/23	5/24
BREAKFAST				
1/2 c WHOLE FRUIT, 1/2 c whole fruit 1 oz WHOLE GRAIN CEREAL	1/2 c Whole Fruit, 1/2 c 100% Juice 2 oz WHOLE GRAIN MUFFIN	1/2 c Whole Fruit, 1/2 c whole fruit 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, 1/2 c whole fruit 3 oz WG BAGEL w/ TOPPING
LUNCH - 1 c milk				
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 CARROTS w/ DIP 1 c FRESH FRUIT	FISH PATTY 2 oz FISH PATTY on a WHOLE WHEAT ROLL 1 c CORN TARTAR SAUCE & KETCHUP 1 c FRESH FRUIT	SWEDISH MEATBALLS 4 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 WG ROTINI w/ TOMATO SAUCE 1 c RED BELL PEPPERS 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, BBQ Chicken, whole grain bulkie roll , Fruit & Veggie				
SALAD - Chef Salad Turkey, Ham Cheese, romain & tomatoes, roll & fruit				
5/27	5/28	5/29	5/30	5/31
BREAKFAST				
	1/2 c Whole Fruit, 1/2 c 100% Juice 2 oz WHOLE GRAIN MUFFIN	1/2 c Whole Fruit, 1/2 c whole fruit 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, 1/2 c whole fruit 3 oz WG BAGEL w/ TOPPING
LUNCH - 1 c milk				
No School	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	CHICKEN PATTY 2 oz CHICKEN WHOLE GRAIN ROLL 1 c ROASTED POTATOES 1 c FRESH FRUIT KETCHUP	MEXICAN RICE & BEEF TACOS 2 oz BEEF & SHREDDED CHEESE 1/2 c BROWN RICE 1/2 c ONION & GREEN PEPPERS 1 oz TORTILLA SCOOPS 1/2 c CUCUMBERS w/ DIP 1 c FRESH FRUIT	CHEESE PIZZA w/ 2 oz WHOLE GRAIN CRUST & 2 oz STRING CHEESE 1 c CARROTS w/ DIP 1 c FRESH FRUIT
SANDWICH - Turkey, Whole Grain Bulkie Roll, Fruit & Veggie				
SALAD -Greek Salad, romain, feta, tomato, cucumber, onion, olives , roll & fruit				