



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	1 • Bagel, Fresh Fruit, Milk • Meatloaf, Roasted Potato, Garden Salad, Fresh Fruit, Milk • Crackers, Fresh Fruit	2 • Pancakes, Fruit • Chicken Teriyaki, Stir-Fry Vegetable, Rice, Fresh Fruit Milk • Crackers and cheese	3 • English Muffin, Fresh Fruit • Vegetarian Chili, Rolls, Garden Salad, Fresh Fruit , Milk • Graham Crackers, Fresh Fruit	4 • Oatmeal, Apple Sauce • Chicken Mac and Cheese, Vegetable Slaw, Fresh Fruit Milk • Crackers, Vegetables and dip	5
6	7 • Cereal, Fresh Fruit, Milk • BBQ Chicken Sliders, Veggies and Dip, Fresh Fruit , Milk • Crackers, Fresh Fruit	8 • Waffle, Applesauce • Spaghetti and Meatballs, Marinara, Garden Salad, Fresh Fruit , Milk • Crackers and Cheese	9 • English Muffin, Fresh Fruit • Chicken and Rice Bake, Vegetable Slaw, Fresh Fruit , Milk • Pretzels, Fresh Fruit	10 • Toast, Fruit • Cream of Broccoli Soup, Cheese Toast, Garden Salad, Fresh Fruit , Milk • Fig Bar, Fresh Fruit	11 • Oatmeal, Strawberries • Baked Chicken, Bean Casserole, Roasted Vegetables, Fresh Fruit ,Milk • Crackers, Fresh Fruit	12
13	14 • Cereal, Fresh Fruit, Milk • Chicken and Hummus Pinwheels, Veggies and Dip, Fresh Fruit, Milk • Crackers, Fresh Fruit	15 • Bagel, Fresh Fruit, Milk • Meatloaf, Roasted Potato, Garden Salad, Fresh Fruit, Milk • Crackers, Fresh Fruit	16 • Pancakes, Fruit • Chicken Teriyaki, Stir-Fry Vegetable, Rice, Fresh Fruit Milk • Crackers and cheese	17 • English Muffin, Fresh Fruit • Vegetarian Chili, Rolls, Garden Salad, Fresh Fruit , Milk • Graham Crackers, Fresh Fruit	18 • Oatmeal, Apple Sauce • Chicken Mac and Cheese, Vegetable Slaw, Fresh Fruit Milk • Crackers, Vegetables and dip	19
20	21 • Cereal, Fresh Fruit, Milk • BBQ Chicken Sliders, Veggies and Dip, Fresh Fruit , Milk • Crackers, Fresh Fruit	22 • Waffle, Applesauce • Spaghetti and Meatballs, Marinara, Garden Salad, Fresh Fruit , Milk • Crackers and Cheese	23 • English Muffin, Fresh Fruit • Chicken and Rice Bake, Vegetable Slaw, Fresh Fruit , Milk • Pretzels, Fresh Fruit	24 • Toast, Fruit • Cream of Broccoli Soup, Cheese Toast, Garden Salad, Fresh Fruit , Milk • Fig Bar, Fresh Fruit	25 • Oatmeal, Strawberries • Baked Chicken, Bean Casserole, Roasted Vegetables, Fresh Fruit ,Milk • Crackers, Fresh Fruit	26
27	28 • Cereal, Fresh Fruit, Milk • Chicken and Hummus Pinwheels, Veggies and Dip, Fresh Fruit, Milk • Crackers, Fresh Fruit	29 • Bagel, Fresh Fruit, Milk • Meatloaf, Roasted Potato, Garden Salad, Fresh Fruit, Milk • Crackers, Fresh Fruit	30 • Pancakes, Fruit • Chicken Teriyaki, Stir-Fry Vegetable, Rice, Fresh Fruit Milk • Crackers and cheese	31 • English Muffin, Fresh Fruit • Vegetarian Chili, Rolls, Garden Salad, Fresh Fruit , Milk • Graham Crackers, Fresh Fruit	1	2

