

Week 1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast: Assorted cereal, assorted fruit, 100% apple juice, milk variety	Breakfast: Turkey sausage patty, blueberry waffles, Frosted Flakes, syrup, 100% apple juice, pineapples, milk variety	Breakfast: Turkey sausage patty, cinnamon French toast, Syrup Golden Grams, 100% apple juice, diced pears, milk variety	Breakfast: Turkey sausage patty, blueberry pancakes, Cocoa Puffs, syrup, apple sauce, 100% apple juice, milk variety	Breakfast: Egg, sausage & cheese sandwich, Cinnamon Toast Crunch, mandarin oranges, 100% apple juice, milk variety	Breakfast: Turkey sausage patty, maple waffles, Syrup Golden Grahams, fruit cocktail, 100% apple juice, milk variety	Breakfast: Assorted cereal, assorted fruit, 100% apple juice, milk variety
Soup:	Soup: Four bean	Soup: Chicken barley	Soup: Minestrone	Soup: Wedding	Soup: Tomato basil	Soup:
Lunch: Romaine lettuce, chicken tenders, pierogies, chocolate chip mini loaf, baked beans mixed vegetables, apples, diced peaches, 100% apple juice, milk variety	Lunch: Romaine lettuce, BBQ, rib sandwich, steamed pollock, blueberry mini loaf, chopped spinach, 100% apple juice, fresh pears, pineapple tidbits, milk variety	Lunch: Romaine lettuce, chicken fillet sandwich, tuna salad, banana mini loaf, green beans, carrots, diced peaches, fresh apples, 100% apple juice, milk variety	Lunch: Romaine lettuce, hot dogs, steamed tilapia, orange mini loaf, broccoli, peas, apple sauce, fresh pears, 100% apple juice, milk variety	Lunch: Romaine lettuce, turkey & cheese sandwich steamed cod, sliced carrots blueberry mini loaf, sliced tomatoes, fresh apples, mandarin oranges, 100% apple juice, milk variety	Lunch: Romaine lettuce, chicken cheese steak, Swai Pangasius, orange mini loaf, mixed vegetables, fruit cocktail, Fresh Pear, 100% apple juice, milk variety	Lunch: Romaine lettuce, country fried steak sandwich, sweet corn, fresh apples, diced peaches, 100% apple juice, milk variety
Dinner: Cheeseburger, potato chips	Dinner: Chicken hot sausage hoagie, broccoli	Dinner: Salisbury steak, mashed potatoes, gravy	Dinner: General Tso's chicken over rice	Dinner: Swedish meatballs over noodles	Dinner: Cheese ravioli, marinara sauce, garlic bread	Dinner: Chicken Mexicali
Snack: Choice of Apple or Strawberry Nutri Grain Bar, Milk	Snack: Choice of Apple or Strawberry Nutri Grain Bar, Milk	Snack: Choice of Apple or Strawberry Nutri Grain Bar, Milk	Snack: Choice of Apple or Strawberry Nutri Grain Bar, Milk	Snack: Choice of Apple or Strawberry Nutri Grain Bar, Milk	Snack: Choice of Apple or Strawberry Nutri Grain Bar, Milk	Snack: Choice of Apple or Strawberry Nutri Grain Bar, Milk

**Fresh Soup & Salad Bar Daily

*** Milk available daily: 1% white, non-fat chocolate & non-fat strawberry

Week 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast: Assorted cereal, assorted fruit, 100% apple juice, milk variety	Breakfast: Turkey sausage patty, blueberry waffles, Frosted Flakes, syrup, 100% apple juice, pineapples, milk variety	Breakfast: Turkey sausage patty, cinnamon French toast, Golden Grams syrup, 100% apple juice, diced pears, milk variety	Breakfast: Turkey sausage patty, blueberry pancakes, Cocoa Puffs, syrup, apple sauce, 100% apple juice, milk variety	Breakfast: Egg, sausage & cheese sandwich, Cinnamon Toast Crunch, mandarin oranges, 100% apple juice, milk variety	Breakfast: Turkey sausage patty, maple waffles, Golden, syrup Grahams, fruit cocktail, 100% apple juice, milk variety	Breakfast: Assorted cereal, assorted fruit, 100% apple juice, milk variety
Soup:	Soup: Chicken Florentine	Soup: Split pea & bacon	Soup: French onion soup	Soup: Red bean Florentine	Soup: Vegetable	Soup:
Lunch: Romaine lettuce, sweet & sour chicken, chocolate chip mini loaf, brown rice, cauliflower, fresh apple, pineapple tidbits, 100% apple juice, milk variety	Lunch: Romaine lettuce, cheeseburger, steamed cod, banana mini loaf, baked beans, mixed vegetables, diced pears, 100% apple juice, fresh apples, milk variety	Lunch: Romaine lettuce, chicken tenders, steamed tilapia, blueberry mini loaf, sweet corn, chopped spinach, apple sauce, fresh pears, 100% apple juice, milk variety	Lunch: Romaine lettuce, Philly cheese steak sandwich, Swai Pangasius, chocolate chip mini loaf, steamed carrots, fresh apples, mandarin oranges, 100% apple juice, milk variety	Lunch: Romaine lettuce, stuffed cabbage, steamed pollock, orange mini loaf, chopped spinach, fresh apples, fruit cocktail, 100% apple juice, milk variety	Lunch: Romaine lettuce, tuna au gratin, turkey & cheese Sandwich, banana mini loaf, peas, sliced tomatoes, diced peaches, fresh pears, 100% apple juice, milk variety	Lunch: Romaine lettuce, soft shell Turkey taco, blueberry mini loaf, wheat bread, sweet corn, fresh apples, pineapple tidbits, 100% apple juice, milk variety
Dinner: Pizza	Dinner: Breaded pork chop, oven potatoes	Dinner: Meatloaf, mashed potatoes, gravy	Dinner: Chicken Fajita, Steamed Broccoli	Dinner: Oriental pepper steak over noodles	Dinner: Gumbo over rice	Dinner: Philly cheese steak hoagie
Snack: Choice of Apple or Strawberry Nutri Grain Bar, Milk	Snack: Choice of Apple or Strawberry Nutri Grain Bar, Milk	Snack: Choice of Apple or Strawberry Nutri Grain Bar, Milk	Snack: Choice of Apple or Strawberry Nutri Grain Bar, Milk	Snack: Choice of Apple or Strawberry Nutri Grain Bar, Milk	Snack: Choice of Apple or Strawberry Nutri Grain Bar, Milk	Snack: Choice of Apple or Strawberry Nutri Grain Bar, Milk

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Week 3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast: Assorted cereal, assorted fruit, 100% apple juice, milk variety	Breakfast: Turkey sausage patty, blueberry waffles, Frosted Flakes, syrup, 100% apple juice, pineapples, milk variety	Breakfast: Turkey sausage patty, cinnamon French toast, Golden Grams, syrup, 100% apple juice, diced pears, milk variety	Breakfast: Turkey sausage patty, blueberry pancakes, Cocoa Puffs, syrup, apple sauce, 100% apple juice, milk variety	Breakfast: Egg, sausage & cheese sandwich, Cinnamon Toast Crunch, mandarin oranges, 100% apple juice, milk variety	Breakfast: Turkey sausage patty, maple waffles, Golden Grahams, fruit cocktail, 100% apple juice, milk variety	Breakfast: Assorted cereal, assorted fruit, 100% apple juice, milk variety
Soup:	Soup: Oriental chicken	Soup: Mexican corn chowder	Soup: Mushroom barley soup	Soup: Chicken with pasta	Soup: Manhattan clam chowder	Soup:
Lunch: Romaine lettuce, chicken parmesan sandwich, banana mini loaf, fresh apples, diced pears, green beans, 100% apple juice, milk variety	Lunch: Romaine lettuce, meatball hoagie, steamed pollock, blueberry mini loaf, sweet peas, apple sauce, fresh pears, 100% apple juice, milk variety	Lunch: Romaine lettuce, fish & cheese sandwich, Sloppy Joe sandwich, banana mini loaf, mixed vegetables, fresh apples, mandarin oranges, 100% apple juice, milk variety	Lunch: Romaine lettuce, BBQ ham sandwich, Swai Pangasius, chocolate chip mini loaf, steamed broccoli, fresh apples, fruit cocktail, 100% apple juice, milk variety	Lunch: Romaine lettuce, roast beef sandwich, steamed tilapia, orange mini loaf, baked beans, steamed carrots, diced peaches, fresh pears, 100% apple juice, milk variety	Lunch: Romaine lettuce, pan pizza, steamed cod, orange mini loaf, steamed broccoli, fresh pears, pineapple tidbits, 100% apple juice, milk variety	Lunch: Romaine lettuce, corn dog, banana mini loaf, green beans, diced pears, 100% apple juice, milk variety
Dinner: Hot dog with chili	Dinner: Fried chicken drum sticks, super sweet corn	Dinner: Country fried steak, au gratin potatoes	Dinner: Chicken pot pie, over corn muffin	Dinner: Baked pasta, garlic bread	Dinner: Fish sandwich, macaroni & cheese	Dinner: Sweet & sour meatballs, oven potatoes
Snack: Choice of Apple or Strawberry Nutri Grain Bar, Milk	Snack: Choice of Apple or Strawberry Nutri Grain Bar, Milk	Snack: Choice of Apple or Strawberry Nutri Grain Bar, Milk	Snack: Choice of Apple or Strawberry Nutri Grain Bar, Milk	Snack: Choice of Apple or Strawberry Nutri Grain Bar, Milk	Snack: Choice of Apple or Strawberry Nutri Grain Bar, Milk	Snack: Choice of Apple or Strawberry Nutri Grain Bar, Milk

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Week 4

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast: Assorted cereal, assorted fruit, 100% apple juice, milk variety Soup:	Breakfast: Turkey sausage patty, blueberry waffles, Frosted Flakes, syrup, 100% apple juice, pineapples, milk variety Soup: Lima bean & cabbage	Breakfast: Turkey sausage patty, cinnamon French toast, Golden Grams syrup, 100% apple juice, diced pears, milk variety Soup: Bean & slab bacon	Breakfast: Turkey sausage patty, blueberry pancakes, Cocoa Puffs, syrup, apple sauce, 100% apple juice, milk variety Soup: Spicy potato	Breakfast: Egg, sausage & cheese sandwich, Cinnamon Toast Crunch, mandarin oranges, 100% apple juice, milk variety Soup: Black bean gumbo	Breakfast: Turkey sausage patty, maple waffles, Golden syrup Grahams, fruit cocktail, 100% apple juice, milk variety Soup: Tomato Florentine	Breakfast: Assorted cereal, assorted fruit, 100% apple juice, milk variety Soup:
Lunch: Romaine lettuce, Salisbury steak, gravy, blueberry mini loaf, wheat bread, peas, apple sauce, fresh pears, 100% apple juice, milk variety Dinner: BBQ chicken fillet, sweet potatoes	Lunch: Romaine lettuce, Gyro sandwich, steamed cod, chocolate chip mini loaf, sliced tomatoes, fresh apples, mandarin oranges, 100% apple juice, milk variety Dinner: Fontanini Italian Sweet Sausage hoagie, Supper sweet corn	Lunch: Romaine lettuce, chicken nuggets, steamed pollock, orange mini loaf, baked beans, steamed broccoli, fruit cocktail, fresh pears, 100% apple juice, milk variety Dinner: Beef tips over noodles	Lunch: Romaine lettuce, cheese steak hoagie, steamed tilapia, banana mini loaf, mixed vegetables, fresh apples, diced peaches, 100% apple juice, milk variety Dinner: Chili con carne, corn muffins	Lunch: Romaine lettuce, BBQ turkey ham, spaghetti with meat sauce, wheat bread, blueberry mini loaf, chopped spinach, fresh pears, pineapple tidbits, 100% apple juice, milk variety Dinner: Chicken stuffed with broccoli and cheese scalloped potatoes	Lunch: Romaine lettuce, fish & cheese sandwich, vegetable lasagna, banana mini loaf, steamed carrots, fresh apples, diced peaches, 100% apple juice, milk variety Dinner: Seafood Creole over rice	Lunch: Romaine lettuce, hot roast beef sandwich, blueberry mini loaf, green beans, apple sauce, fresh pears, 100% apple juice, milk variety Dinner: Crab cake sandwich, turkey sandwiches, pretzels
Snack: Choice of Apple or Strawberry Nutri Grain Bar, Milk	Snack: Choice of Apple or Strawberry Nutri Grain Bar, Milk	Snack: Choice of Apple or Strawberry Nutri Grain Bar, Milk	Snack: Choice of Apple or Strawberry Nutri Grain Bar, Milk	Snack: Choice of Apple or Strawberry Nutri Grain Bar, Milk	Snack: Choice of Apple or Strawberry Nutri Grain Bar, Milk	Snack: Choice of Apple or Strawberry Nutri Grain Bar, Milk

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