



	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Red Rabbit Corn Flakes Cereal WG Apples 1% & Fat Free Milk	WG Cinnamon Bread Pears 1% & Fat Free Milk	Eggs & Toast WG Bananas 1% & Fat Free Milk	Mini Bagels WG w/ Butter Apples 1% & Fat Free Milk	Peach Bread WG Pears 1% & Fat Free Milk
LUNCH	Chicken Cacciatore WG Creamy Pasta Garlic Broccoli & Carrots Oranges 1% & Fat Free Milk	Rasta Pasta w/ Mozzarella and Romano Cheese Roasted Zucchini Mixed Peppers Cantaloupe 1% & Fat Free Milk	Chicken Chimichurri Seasoned Rice Black Beans Pineapple 1% & Fat Free Milk	Cheddar Cheese Quesadilla Whole Wheat Tortillas Roasted Corn & Peppers Oranges 1% & Fat Free Milk	Ropa Veija WG Cilantro Rice Roasted Carrots and Potatoes Honeydew 1% & Fat Free Milk
SNACK	Applesauce 1% & Fat Free Milk	Homemade Trail Mix WG Apples 1% & Fat Free Milk	Rice Cakes WG w/ Jam 1% & Fat Free Milk	Crunchy Granola WG 1% & Fat Free Milk	Cinnamon Pita Bread WG 1% & Fat Free Milk

WG= Whole Grain
 A whole grain is a grain that has not had its nutrient-rich germ and bran removed, and therefore does not need enrichment. These menu items contain at least 50 percent whole grains.

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	<p>Red Rabbit Corn Flakes Cereal WG</p> <p>Apples 1% & Fat Free Milk</p>	<p>WG Cinnamon Bread</p> <p>Pears 1% & Fat Free Milk</p>	<p>Eggs & Toast WG</p> <p>Bananas 1% & Fat Free Milk</p>	<p>Mini Bagels WG w/ Butter</p> <p>Apples 1% & Fat Free Milk</p>	<p>Peach Bread WG</p> <p>Pears 1% & Fat Free Milk</p>
LUNCH	<p>Tofu Cacciatore WG Creamy Pasta</p> <p>Garlic Broccoli & Carrots</p> <p>Oranges 1% & Fat Free Milk</p>	<p>Rasta Pasta w/ Mozzarella and Romano Cheese</p> <p>Roasted Zucchini Mixed Peppers</p> <p>Cantaloupe 1% & Fat Free Milk</p>	<p>Tofu Chimichurri Seasoned Rice</p> <p>Black Beans</p> <p>Pineapple 1% & Fat Free Milk</p>	<p>Cheddar Cheese Quesadilla Whole Wheat Tortillas</p> <p>Roasted Corn & Peppers</p> <p>Oranges 1% & Fat Free Milk</p>	<p>Bean Veija WG Cilantro Rice</p> <p>Roasted Carrots and Potatoes</p> <p>Honeydew 1% & Fat Free Milk</p>
SNACK	<p>Applesauce 1% & Fat Free Milk</p>	<p>Homemade Trail Mix WG Apples 1% & Fat Free Milk</p>	<p>Rice Cakes WG w/ Jam 1% & Fat Free Milk</p>	<p>Crunchy Granola WG 1% & Fat Free Milk</p>	<p>Cinnamon Pita Bread WG 1% & Fat Free Milk</p>

WG= Whole Grain
 A whole grain is a grain that has not had its nutrient-rich germ and bran removed, and therefore does not need enrichment. These menu items contain at least 50 percent whole grains.