

| Meatless Monday   | Tuesday   | Wednesday   | Thursday  | Finger Food Friday  |
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| <b>1</b><br><b>B: WGR</b> Cereal and Mangos<br><b>L: WGR</b> Cheese Pizza<br>Mixed Veggies<br>Cantaloupe<br><b>S: WG</b> Graham Crackers and Applesauce   | <b>2</b><br><b>B: WGR</b> French Toast Sticks and Pears<br><b>L: Baked</b> Tilapia<br><b>WG</b> Cheddar Biscuits<br>Green Beans<br>Orange Slices<br><b>S: Cheeze-Its</b> and Raisins                                      | <b>3</b><br><b>B: WGR</b> Cereal and Mixed Fruit<br><b>L: WGR</b> Sweet and Sour Popcorn Chicken<br>Stir Fry Vegetables<br>Pineapple Chunks<br><b>S: WG</b> Cherry Muffins with Cream Cheese      | <b>4</b><br><b>B: WGR</b> Pancakes and Warm Cinnamon Apples<br><b>L: Broccoli,</b> Cheese and Chicken Casserole with<br><b>WG</b> Brown Rice<br>Steamed Asparagus<br>Strawberries<br><b>S: WG</b> Pretzels and Cheese Cubes | <b>5</b><br><b>B: WGR</b> Croissants and Peaches<br><b>L: Turkey</b> and Cheese Wrap on <b>WW</b> Tortilla<br>Carrot Sticks<br>Watermelon<br><b>S: WGR</b> Oatmeal Balls with Sun Butter and Craisins |
| <b>8</b><br><b>B: WGR</b> Cereal and Banana<br><b>L: Navy Bean</b> Spaghetti with <b>WW</b> Pasta<br>Steamed Corn<br>Green Apple Slices<br><b>S: Ritz</b> Crackers and Sliced Cheese                                    | <b>9</b><br><b>B: Cheese</b> Omelet and Hashbrowns<br><b>L: Ground</b> Turkey Taco on <b>WW</b> Tortilla<br>Steamed Zucchini Squash<br>Blueberries<br><b>S: WG</b> Corn Chips and Non-Vegetarian Bean Dip                 | <b>10</b><br><b>B: WGR</b> Cereal and Mangos<br><b>L: Beef</b> Picadillo with <b>WG</b> Brown Rice<br>Peas and Carrots<br>Cantaloupe<br><b>S: WW</b> Bagel and Cream Cheese                       | <b>11</b><br><b>B: WW</b> Cinnamon Raisin Toast and Applesauce<br><b>L: Tater Tot</b> Casserole with Eggs and Cheese<br>Steamed Spinach<br>Peaches<br><b>S: WGR</b> Trail Mix-Cheerios, Craisins, Raisins, Pumpkin Seeds    | <b>12</b><br><b>B: WG</b> Banana Muffins and Strawberries<br><b>L: BBQ</b> Chicken Leg with Garlic Bread<br>Cucumber<br>Grapefruit<br><b>S: WGR</b> Goldfish Crackers and Sliced Turkey               |
| <b>15</b><br><b>B: WGR</b> Cereal and Pears<br><b>L: Vegetarian</b> Baked Beans<br><b>WW</b> Dinner Roll<br>Mashed Potatoes<br>Blackberries<br><b>S: Yogurt</b> and <b>WGR</b> Granola                                  | <b>16</b><br><b>B: WW</b> Cinamon Raisin Bagel and Pineapple Chunks<br><b>L: Chicken</b> Fajita Taco on <b>WW</b> Tortilla<br>Guacamole<br>Carrot Sticks<br><b>S: WG</b> Graham Crackers and Mozzarella Cheese Stick      | <b>17</b><br><b>B: WGR</b> Cereal and Mandarin Oranges<br><b>L: Beef</b> and Broccoli with <b>WG</b> Brown Rice<br>Steamed Yellow Squash<br>Watermelon<br><b>S: WW</b> Wheat Thins and Applesauce | <b>18</b><br><b>B: WGR</b> Biscuits and Turkey Sausage Patty<br><b>L: Chicken</b> Tetrzzini Casserole with <b>WW</b> Pasta<br>Sauteed Spinach<br>Strawberries<br><b>S: WG</b> Cranberry Muffins and Cream Cheese            | <b>19</b><br><b>CDC IS CLOSED</b><br>  |
| <b>22</b><br><b>B: WGR</b> Cereal and Oranges<br><b>L: Egg</b> Fried Rice with <b>WG</b> Brown Rice<br>Steamed Peas and Carrots<br>Sliced Apples<br><b>S: WG</b> Strawberry Muffin and Cream Cheese                     | <b>23</b><br><b>B: WW</b> Toast and Blackberries<br><b>L: Non-Vegetarian</b> Bean and Cheese Taco on <b>WW</b> Tortilla<br>Steamed Broccoli<br>Watermelon<br><b>S: WGR</b> Oatmeal Raisin Cookies                         | <b>24</b><br><b>B: WGR</b> Cereal and Mixed Fruit<br><b>L: Turkey</b> Pita Pockets in <b>WW</b> Pita Bread with Hummus<br>Cantaloupe<br><b>S: WG</b> Pretzels and Sliced Cheese                   | <b>25</b><br><b>B: WGR</b> Pancakes and Mangos<br><b>L: Cheesy</b> Beef Enchilada Casserole with <b>WW</b> Tortillas<br>Steamed Corn<br>Pears<br><b>S: WG</b> Corn Chips and Non-Vegetarian Bean Dip                        | <b>26</b><br><b>B: WG</b> Pork Cheesy Sausage Roll and Banana<br><b>L: WGR</b> Fish Sticks<br>Carrot Sticks<br>Honeydew Melon<br><b>S: Yogurt</b> and <b>WG</b> Animal Crackers                       |
| <b>29</b><br><b>B: WGR</b> Cereal and Blueberries<br><b>L: Bean</b> Chili with Red Beans and Navy Beans<br><b>WGR</b> Cornbread<br>Steamed Cauliflower<br>Pineapple<br><b>S: WGR</b> Goldfish Crackers and Cheese Cubes | <b>30</b><br><b>B: WGR</b> Waffles and Yogurt<br><b>L: Shredded</b> BBQ Chicken Tacos on <b>WW</b> Tortilla<br>Steamed Green Beans<br>Orange Slices<br><b>S: WGR</b> Trail Mix-Cheerios, Craisins, Raisins, Pumpkin Seeds |   |   |   |