

Breakfast 7:00am · 8:45am & Lunch 11:45am-1:00pm
Afternoon snack 3:30pm – 4:30pm

	Monday	**Tuesday 1st**	**Wednesday 2nd**	**Thursday 3rd**	**Friday 4th**
B	**Brown & Serve Sausages** ***Veggie***: Hashbrowns Whole Milk; 1% Milk; Plant-Based	**Bagel, cream cheese** ***Fruit***: Bananas Whole Milk; 1% Milk, Plant-Based	**Waffles (WGR)** ***Fruit:*** Orange Slices Whole Milk; 1% Milk. Plant-Based	**Pancakes (WGR)** ***Fruit:*** Bananas Whole Milk; 1% Milk. Plant-based	**French Toast Sticks, (WGR)** ***Fruit:*** Orange Slices Whole Milk; 1% Milk, Plant-Based
Lunch	**Teriyaki Chicken, Brown Rice (WGR)** ***Fruit:*** Oranges ***Veggie***: Peas & Carrots Whole Milk; 1% Milk. Plant-Based	**Chicken Alfredo, Pasta** ***Fruit:*** Fruit Cocktail ***Veggies:*** Corn Whole Milk; 1% Milk. Plant-Based	**Teriyaki Chicken, Brown Rice (WGR)** Fruit: Oranges Veggie: Peas & Carrots Whole Milk; 1% Milk. Plant-Based	**Chicken Alfredo, Pasta** ***Fruit:*** Fruit Cocktail ***Veggies:*** Corn Whole Milk; 1% Milk. Plant-Based	***Hamburger Patty, Bread*** ***Fruit***: Oranges ***Veggie***: String Beans Whole Milk; 1% Milk. Plant-Based
S	**tortillas, Salsa, cheese, & Water**	**Vanilla Crispy Bites, Apple juice**	**Cheese, crackers, Apple Juice**	**Cinnamon Crispy Bites, Apple Juice**	**P.B. & J. sandwich, Apple juice**
Dinner	**Chicken Alfredo, Pasta** ***Fruit:*** Fruit Cocktail ***Veggies:*** Corn Whole Milk; 1% Milk. Plant-Based	**Teriyaki Chicken, Brown Rice (WGR)** ***Fruit:*** Oranges ***Veggie***: String beans Whole Milk; 1% Milk. Plant-Based	**Chicken Alfredo, Pasta** ***Fruit:*** Fruit Cocktail ***Veggies:*** Corn Whole Milk; 1% Milk. Plant-Based	**Teriyaki Chicken, Brown Rice** Fruit: Oranges Veggie: String beans Whole Milk; 1% Milk. Plant-Based	**Chicken Nuggets** ***Fruit:*** Mandarin Oranges ***Veggie***: Fries Whole Milk; 1% Milk. Plant-Based
	Monday 7th	**Tuesday 8th**	**Wednesday 9th**	**Thursday 10th**	**Friday 11th**
B	**Pancakes (WGR)** ***Fruit:*** Strawberries Whole Milk; 1% Milk. Plant-based	**French Toast Sticks, (WGR)** ***Fruit:*** Apple Slices Whole Milk; 1% Milk, Plant-Based	**Waffles (WGR)** ***Fruit:*** Bananas Whole Milk; 1% Milk. Plant-based	**Bagel, cream cheese** ***Fruit***: Bananas Whole Milk; 1% Milk, Plant-Based	**Chex Cereal** ***Fruit***: Apple Slices Whole Milk; 1% Milk. Plant-Based
Lunch	**Beef Stroganoff** **Fruit:** Apple Sauce **Veggie**: Mixed Vegetables Whole Milk; 1% Milk. Plant-Based	**Meatballs, Wheat Bread** **Fruit:** Peaches **Veggies:** tomato sauce Whole Milk; 1% Milk. Plant-Based	**Beef Stroganoff** **Fruit:** Apple Sauce **Veggie**: Mixed Vegetables Whole Milk; 1% Milk. Plant-Based	**Meatballs, Wheat Bread (WGR)** **Fruit:** Peaches **Veggies:** tomato sauce Whole Milk; 1% Milk. Plant-Based	**Turkey Sandwich, Wheat Bread** **Veggie X2**: House Salad Whole Milk; 1% Milk. Plant-Based
S	**Pretzels, Apple Sauce, Water**	**Sunflower Butter, apple slices, Water**	**Blueberry Lemon Crispy Bites, White Grape Juice**	**Vanilla Crispy Bites, White grape juice**	**Cheese, Crackers, White Grape Juice**
Dinner	**Meatballs, Wheat Bread** **Fruit:** Peaches **Veggies:** tomato sauce Whole Milk; 1% Milk. Plant-Based	**Beef Stroganoff** **Fruit:** Apple Sauce **Veggie**: Mixed Vegetables Whole Milk; 1% Milk. Plant-Based	**Meatballs, Wheat Bread** **Fruit:** Peaches **Veggies:** tomato sauce Whole Milk; 1% Milk. Plant-Based	**Beef Stroganoff** **Fruit:** Apple Sauce **Veggie**: Mixed Vegetables Whole Milk; 1% Milk. Plant-Based	**Sloppy Joe, Wheat Bread (WGR)** **Fruit**: Peaches **Veggie**: mixed vegetables Whole Milk; 1% Milk. Plant-Based
	Monday 14th	**Tuesday 15th**	**Wednesday 16th**	**Thursday 17th**	**Friday 18th**
B	**Brown & Serve sausages.** Veggie: Hashbrown patties Whole Milk; 1% Milk. Plant-Based	**Pancakes w/syrup (WGR)** **Fruit:** bananas Whole Milk; 1% Milk. Plant-Based	**Bagels, Cream Cheese** **Fruit**: Orange Slices Whole Milk; 1% Milk. Plant-Based	**Chex cereal** **Fruit:** Orange Slices Whole Milk; 1% Milk. Plant-Based	**French Toast Sticks (WGR)** **Fruit:** Bananas Whole Milk; 1% Milk. Plant-Based
Lunch	**Chicken Fajitas, Tortilla Wrap (WGR)** **Veggie:** House Salad **Veggie:** Salsa, Peppers, onions Whole Milk; 1% Milk. Plant-Based	**Chicken Pesto, Brown Rice** Fruit: Pineapples **Veggie**: Carrots & peas Whole Milk; 1% Milk. Plant-Based	**Chicken Fajitas, Tortilla Wrap (WGR)** **Veggie:** House Salad **Veggie:** Salsa, Peppers, onions Whole Milk; 1% Milk. Plant-Based	**Chicken Pesto, Brown Rice** Fruit: Pineapples **Veggie**: Carrots & peas Whole Milk; 1% Milk. Plant-Based	**Chicken Nuggets** **Fruit:** Mandarin Oranges **Veggie**: French Fries Whole Milk; 1% Milk. Plant-Based
S	**Berry animal crackers, Tangerine Juice**	**Vanilla Crispy Bites, White grape juice**	**Pretzels, Apple Sauce, Water**	**Apple watts Cinnamon Bites, Apple Juice**	**P.B. & J. sandwich, Apple juice**
Dinner	**Chicken Pesto, Brown Rice** Fruit: Pineapples **Veggie**: Carrots & peas Whole Milk; 1% Milk. Plant-Based	**Chicken Fajitas, Tortilla Wrap (WGR)** **Veggie:** House Salad **Veggie:** Salsa, Peppers, onions Whole Milk; 1% Milk. Plant-Based	**Chicken Pesto, Brown Rice** Fruit: Pineapples **Veggie**: Carrots & peas Whole Milk; 1% Milk. Plant-Based	**Chicken Fajitas, Tortilla Wrap (WGR)** **Veggie:** House Salad **Veggie:** Salsa, Peppers, onions Whole Milk; 1% Milk. Plant-Based	**Hamburger Patty, Wheat Bread** **Fruit**: Oranges **Veggie**: mixed vegetables Whole Milk; 1% Milk. Plant-Based

B: Breakfast ***Lunch: Lunch*** ***S: Pm snack*** ***Dinner: Dinner***



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Afternoon snack 3:30pm – 4:30pm

	Monday 21st	**Tuesday 22nd**	**Wednesday 23rd**	**Thursday 24th**	**Friday 25th**
B	**Waffles (WGR)** **Fruit:** strawberries Whole Milk; 1% Milk. Plant-Based	**French Toast (WGR)** **Fruit:** Strawberries Whole Milk; 1% Milk. Plant-Based	**Pancakes w/Syrup (WGR)** **Fruit**: bananas Whole Milk; 1% Milk. Plant-Based	**Chex Cereal** **Fruit:** bananas Whole Milk; 1% Milk. Plant-Based	**Bagels, Cream cheese** **Fruit:** Strawberries Whole Milk; 1% Milk. Plant-Based
Lunch	**Spaghetti, Meat & Sauce** **Fruit:** Peaches **Veggies:** Tomato Sauce Whole Milk; 1% Milk. Plant-Based	**Chicken, Gravy, Brown Rice** **Fruit:** pineapples **Veggie**: Carrots & peas Whole Milk; 1% Milk. Plant-Based	**Spaghetti, Meat & Sauce** **Fruit:** Peaches **Veggies:** Tomato Sauce Whole Milk; 1% Milk. Plant-Based	**Chicken, Gravy, Brown Rice** **Fruit:** pineapples **Veggie**: Carrots & peas Whole Milk; 1% Milk. Plant-Based	**Turkey Sandwich, Wheat Bread** **Veggie X2**: House Salad Whole Milk; 1% Milk. Plant-Based
S	**tortilla chips, Salsa, cheese, Water**	**Goldfish, Tangerine Juice**	**Cheese, crackers, Apple Juice**	**Sunflower Butter, apple slices, Water**	**Berry animal crackers, Tangerine Juice**
Dinner	**Chicken, Gravy, Brown Rice** **Fruit:** pineapples **Veggie**: Carrots & peas, Whole Milk; 1% Milk. Plant-Based	**Spaghetti, Meat & Sauce** **Fruit:** Peaches **Veggies:** Tomato Sauce Whole Milk; 1% Milk. Plant-Based	**Chicken, Gravy, Brown Rice** **Fruit:** pineapples **Veggie**: Carrots & peas, Whole Milk; 1% Milk. Plant-Based	**Spaghetti, Meat & Sauce** **Fruit:** Peaches **Veggies:** Tomato Sauce Whole Milk; 1% Milk. Plant-Based	**Chicken Nuggets** **Fruit:** Mandarin Oranges **Veggie**: French Fries, Whole Milk; 1% Milk. Plant-Based
	Monday 28th	**Tuesday 29th**	**Wednesday 30th**	**Thursday**	**Friday**
B	**Chex Cereal** **Fruit:** Apple slices Whole Milk; 1% Milk. Plant-Based	**Waffles (WGR)** **Fruit:** orange Slices Whole Milk; 1% Milk. Plant-Based	**Bagels, Cream Cheese** **Fruit:** Apple Slices Whole Milk; 1% Milk. Plant-Based	**Pancakes (WGR)** **Fruit:** Orange Slices Whole Milk; 1% Milk. Plant-Based	**French Toast Sticks (WGR)** **Fruit:** Peaches Whole Milk; 1% Milk. Plant-Based
Lunch	**Sloppy Joe, Wheat Bread (WGR)** **Fruit**: Peaches **Veggie**: mixed vegetables Whole Milk; 1% Milk. Plant-Based	**Sweet Thai Chicken, Buttered Noodles** **Fruit:** Oranges **Veggie**: String Beans Whole Milk; 1% Milk. Plant-Based	**Sloppy Joe, Wheat Bread (WGR)** **Fruit**: Peaches **Veggie**: mixed vegetables Whole Milk; 1% Milk. Plant-Based	**Sweet Thai Chicken, Buttered Noodles** **Fruit:** Oranges **Veggie**: String Beans Whole Milk; 1% Milk. Plant-Based	**Hamburger Patty Wheat Bread** **Fruit**: Oranges **Veggie**: mixed vegetables Whole Milk; 1% Milk. Plant-Based
S	**tortillas, Salsa, cheese, & Water**	**Blueberry Lemon Crispy Bites, Tangerine Juice**	**Goldfish, Tangerine Juice**	**Cheese, crackers, Apple Juice**	**Pretzels, Apple Sauce, Water**
Dinner	**Hamburger Patty Wheat Bread** **Fruit**: Oranges **Veggie**: mixed vegetables Whole Milk; 1% Milk. Plant-Based	**Sloppy Joe, Wheat Bread (WGR)** **Fruit**: Peaches **Veggie**: mixed vegetables Whole Milk; 1% Milk. Plant-Based	**Sweet Thai Chicken, Buttered Noodles** **Fruit:** Oranges **Veggie**: String Beans Whole Milk; 1% Milk. Plant-Based	**Sloppy Joe, Wheat Bread (WGR)** **Fruit**: Peaches **Veggie**: mixed vegetables Whole Milk; 1% Milk. Plant-Based	**Sweet Thai Chicken, Buttered Noodles** **Fruit:** Oranges **Veggie**: String Beans Whole Milk; 1% Milk. Plant-Based

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