	A	GUS		BC	· (4 To	
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
L		2	3	4	5	6
W E E K	Mika & Deek DINER	Smkd Turkey Sand on White L&T Potato Salad Pineapple Milk	Chicken Salad on wheat bread Mixed Veggie Pickle Chips Fruit Salad Milk	Mac & Cheese Green Beans Watermellon Milk	Chicken & Cheese Burritos Jo Joes Peaches Milk	Meatball Sandwich on Pan Roll Spaghetti Noodles Tossed Salad Apple Sauce
	Ages 1-2	9	10	11	12	Milk 13
W E E K 2	1/2 cup milk 1/4 cup fruit/veg/juice* 1/4 cup pasta or 1/2 slice bread/grain 1 oz meat or alternate	Sloppy Joe on pan roll Tater Tots Sliced Apples Milk	Chicken Philly on dog bun Mango Hash Browns Milk	Turkey Sandwich w/cheese on wheat Tossed Salad Apricots Milk	Chicken Teriyaki on pan roll w/Stiry Fry Veg Basmati rice Mandarin Oranges Milk	Stuffed Cavatelli Parmesan Cream Broccoli Cantelope Milk
	Ages 3-5	16	17	18	19	20
W E K 3	3/4 cup milk 1/2 cup fruit/veg/juice* 1/4 cup pasta or 1/2 slice bread/grain 11/2 oz meat or alternate	BBQ Meatball Sidrs on pan roll Obrian Potatoes Pineapple Milk	Turkey Melt w/ cheese on white Broccoli Banana Milk	Grilled Chicken on Wheat Bread Glazed Carrots Fruit Salad Milk	Four Cheese Raviolis W/Spaghetti Sauce Green Beans Mandarin Oranges Milk	Chicken & Cheese Quesadilla Corn Fruit Delight Milk
	Ages 6-12	23	24	25	26	27
W E E K 4	1 cup milk 3/4 cup fruit/veg/juice* 1/2 cup pasta or 1 slice bread/grain 2 oz meat or alternate	Smoked Turkey w/cheese on wheat Sliced Apples Potato Salad Milk	Sloppy Joe on pan roll Mashed Potato Pears Milk	Mac & Cheese Broccoli Fruit Salad Milk	Chicken Enchilada in Flour Tortilla Honeydo Mixed veggie Milk	ChzBurger Sliders on pan roll Jo Joes Watermellon Milk
		30	31			
5	* Amount stated is the total volume required, but must include 2 different items.	Turkey Sandwich w/cheese on Wheat Corn Cantelope Milk	Chicken Parm Sand on dog bun Hash Browns Banana Milk			
		This institution is an equal opportunity provider.				