



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		3	4	5	6	7
W E E K 1		Smkd Turkey Sand on White L&T Potato Salad Pineapple Milk	Chicken Salad on wheat bread Mixed Veggie Pickle Chips Pears Milk	Mac & Cheese Green Beans Honeydew Milk	SF Chicken "Club" w/honey mustard on dog bun Jo Joes Peaches Milk	Meatball Sandwich on White Bread Spaghetti Noodles Tossed Salad Apple Sauce Milk
Ages 1-2		10	11	12	13	14
W E E K 2	<ul style="list-style-type: none"> <li>1/2 cup milk</li> <li>1/4 cup fruit/veg/juice*</li> <li>1/4 cup pasta or</li> <li>1/2 slice bread/grain</li> <li>1 oz meat or alternate</li> </ul>	Sloppy Joe on pan roll Tater Tots Sliced Apples Milk	Chicken Teriyaki on pan roll w/Stiry Fry Veg Basmati rice Mandarin Oranges Milk	Turkey Sandwich w/cheese on wheat Tossed Salad Apricots Milk	Chicken Philly on dog bun Mango Glazed Carrots Milk	Taco Boat w/chz Black Beans & Rice and grilled peppers, tomatoes and corn Cantelope Milk
Ages 3-5		17	18	19	20	21
W E E K 3	<ul style="list-style-type: none"> <li>3/4 cup milk</li> <li>1/2 cup fruit/veg/juice*</li> <li>1/4 cup pasta or</li> <li>1/2 slice bread/grain</li> <li>1 1/2 oz meat or alternate</li> </ul>	BBQ Beef Sliders on pan roll Obrian Potatoes Peaches Milk	Turkey Melt w/ cheese on wheat Broccoli Pineapple Milk	Chicken & Cheese Burritos Hash Browns Fruit Salad Milk	Raviolis W/Spaghetti Sauce Green Beans Mandarin Oranges	Chicken & Cheese Quesadilla Corn Fruit Deight Milk
Ages 6-12		24	25	26	27	28
W E E K 4	<ul style="list-style-type: none"> <li>1 cup milk</li> <li>3/4 cup fruit/veg/juice*</li> <li>1/2 cup pasta or</li> <li>1 slice bread/grain</li> <li>2 oz meat or alternate</li> </ul>	Smoked Turkey w/Cheese on wheat Sliced Apples Potato Salad Milk	Sloppy Joe on pan roll Mashed Potato Pears Milk	Red Beans and Rice with Collard Greens Cantelope Milk	Chicken Enchilada in Corn Tortilla Mandarin Oranges Mixed veggie Milk	ChzBurger Sliders on pan roll Jo Joes Fruit salad Milk
		31				
W E E K 5	<p>* Amount stated is the total volume required, but must include 2 different items.</p> 					

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