BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
Veg/Fruit	Juice	Tomato Soup	Applesauce	Sesonal Fruit	Seasonal Fruit
Grain/Meat	WG Cereal	WG Corn Tortillas	WG Pancakes	Cottage Cheese	Oatmeal
LUNCH					
Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
Meat	PB Quesadilla/Cheese Stick	Chicken Caesar Salad	Eggs/Cheese	Chicken Stir Fry	Beans/Cheese
Vegetable	Cucumbers	Romaine Lettuce	Potatoes	Stir Fry Vegetables	Corn
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Grain	WG Tortilla	WG Corn Tortillas	WG Corn Tortillas	WG Rice	WG Corn Tortillas
SNACK					
1st Component	Seasonal Fruit	Hummus	Carrots	Peanut Butter	WG Dry Cereal
2nd Component	Popcorn	WG Corn Tortillas	Cheese Sticks	Rice Cakes	Milk
BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
Veg/Fruit	Juice	Potatoes	Tomato Soup	Berries	Berries
Grain/Meat	Cereal	Eggs	WG Corn Tortilla	Yogurt	Oatmeal
LUNCH					
Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
Meat	Turkey Ham Calabacitas	Beef/Black Bean Salad	Egg Fried Rice	Turkey Papas con Caldo	Bean/Cheese Tostadas
Vegetable	Zucchini, Squash	Lettuce and tomato	Peas	Potatoes	Lettuce and Tomato
Fruit	Corn	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Grain	WG Corn Tortillas	Brown Rice	Brown Rice	WG Corn Tortillas	WG Corn Tortillas
SNACK					
1st Component	Peanut Butter	WG Cereal	Salsa	Mixed Nuts	WG Crackers
2nd Component	Rice Cakes	Yogurt-gogurt	WG Corn Tortillas	Seasonal Fruit	Tzatziki (Yogurt)

BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
Veg/Fruit	Juice	Seasonal Fruit	Applesauce	Potatoes	Berries
Grain/Meat	Cereal	Cottage Cheese	WG Pancakes	Eggs	Yogurt
LUNCH					
Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
Meat	Turkey/Cheese Tacos	Beans (enough for Friday too)	Tuna w/egg & celery	Cheese Quesadilla	Bean/Cheese Pizza
Vegetable	Potatoes	Corn	Cucumbers	Carrots	Potatoes
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Grain	WG Corn Tortillas	WG Corn Tortilla	WG Crackers	WG Corn Tortilla	WG Corn Tortilla
SNACK					
1st Component	Peanut Butter	Rice Cakes	Mixed Nuts	WG Crackers	Chex Mix
2nd Component	Celery	Cheese Slices	Milk	Tzatziki (Yogurt)	Milk
BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
Veg/Fruit	Juice	Berries	Applesauce	Potatoes	Tomato Soup
Grain/Meat	WG Cereal	Yogurt	WG Pancakes	Eggs	WG Crackers
LUNCH					
Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
Meat	Tofu Scramble	Chicken Posole	Beef Franks	Chicken/Cheese Quesadillas	Beans/Cheese
Vegetable	Potatoes	Hominy	Potatoes	Carrots	Green Beans
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Grain	WG Corn Tortillas	WG Rice	WG Corn Tortillas	WG Corn Tortillas	WG Corn Tortillas
SNACK					
1st Component	Seasonal Fruit	Cheese slices	Apples	No Bake Oatmeal	Cheese Stick
2nd Component	Popcorn	Rice Cakes	Peanut Butter	Milk	Tomatoes