



	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Corn Flakes Pears Low-Fat (1%), Milk	Mini Bagels WG Jam Pineapple Low-Fat (1%), Milk	Berry Waffles WG Cantaloupe Low-Fat (1%), Milk	Cinnamon Strata WG Apples Low-Fat (1%), Milk	Blueberry Yogurt Parfait Crunchy Granola WG Bananas Low-Fat (1%), Milk
LUNCH	Beef Bolognese Cavatappi Noodles Green Beans & Carrots Whole Fruit Apples Low-Fat (1%), Milk	Pollo Guisado Cilantro Brown Rice Pigeon Peas Pears Low-Fat (1%), Milk	Turkey Sloppy Joes Whole Grain Rolls Sweet Corn Pineapple Slices Low-Fat (1%), Milk	Cheesy Pesto Chicken Penne Zucchini & Tomatoes Honeydew Low-Fat (1%), Milk	Eggplant Parmesan Focaccia Roasted Vegetables Apples Low-Fat (1%), Milk
SNACK	Soft Wheat Pretzels WG Low-Fat (1%), Milk	Herb & Cheese Triangles Low-Fat (1%), Milk	Homemade Trail Mix WG Low-Fat (1%), Milk	Strawberry Oatmeal Bites WG Low-Fat (1%), Milk	Cheddar Cheese Cubes Baguette Slices WG Low-Fat (1%), Milk

WG= Whole Grain
 A whole grain is a grain that has not had its nutrient-rich germ and bran removed, and therefore does not need enrichment. These menu items contain at least 50 percent whole grains.