

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Corn Flakes Apples Low-Fat (1%), Milk	Berry Waffles WG Honeydew Low-Fat (1%), Milk	Morning Glory Muffin Pineapples Low-Fat (1%), Milk	Peach Yogurt Parfait Crunchy Granola WG Oranges Low-Fat (1%), Milk	
LUNCH	Jerk Chicken Steamed Brown Rice WG Black-Eyed Peas Fresh Fruit Oranges Low-Fat (1%), Milk	Butternut Squash Macaroni & Cheese Sauteed Kale Pineapple Slices Low-Fat (1%), Milk	Black Bean Chili Golden Corn Bread Corn Salsa Whole Fruit Apples Low-Fat (1%), Milk	Chicken Tagine Bulgar Roasted Vegetables Pineapple Slices Low-Fat (1%), Milk	
SNACK	Banana Bread WG Low-Fat (1%), Milk	Mixed Berry Yogurt Low-Fat (1%), Milk	Cheddar Biscuit 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.