

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Red Rabbit O's Cereal WG Clementines Low-Fat (1%), Milk	Blueberry Bagels WG Jam Apples Low-Fat (1%), Milk	Morning Glory Muffin Pineapples Low-Fat (1%), Milk	Mixed Berry Yogurt Crunchy Granola WG Honeydew Low-Fat (1%), Milk	Berry Waffles WG Apples Low-Fat (1%), Milk
LUNCH	Jerk Chicken Jasmine Rice Black-Eyed Peas Apples Low-Fat (1%), Milk	Butternut Squash Macaroni & Cheese Roasted Broccoli Honeydew Low-Fat (1%), Milk	Beef & Black Bean Chili Golden Corn Bread Corn Salsa Bananas Low-Fat (1%), Milk	Chicken Tagine Bulgar Chickpeas & Sweet Potatoes Oranges Low-Fat (1%), Milk	Chopped Cheese & Beef Whole Grain Bun Home Style Potatoes Ketchup Pineapples Low-Fat (1%), Milk
SNACK	Soft Wheat Pretzels WG Low-Fat (1%), Milk	Cheddar Cheese Cubes Baguette Slices WG Low-Fat (1%), Milk	Chickpea Hummus Soft Pita Bread WG Low-Fat (1%), Milk	Apple Cinnamon Oatmeal Muffin Low-Fat (1%), Milk	Homemade Trail Mix 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.