

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Corn Flakes Fresh Fruit Oranges Low-Fat (1%), Milk	Mini Bagels WG Butter Whole Fruit Apples Low-Fat (1%), Milk	Berry Waffles WG Sliced Honeydew Low-Fat (1%), Milk	Cinnamon Strata WG Pineapple Slices Low-Fat (1%), Milk	Blueberry Yogurt Parfait Crunchy Granola WG Fresh Fruit Oranges 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 Sliced Honeydew Low-Fat (1%), Milk	Crispy Chicken Bites Cheddar Waffles WG Chow Chow Pineapple Slices Low-Fat (1%), Milk	Turkey Sloppy Joes Whole Grain Bun Sweet Corn Cantaloupe Low-Fat (1%), Milk	3 Cheese Rigatoni w/ Mozzarella Roasted Vegetables Pineapple Slices Low-Fat (1%), Milk
SNACK	Cranberry Apple Muffin WG Low-Fat (1%), Milk	Strawberry Oatmeal Bites WG Low-Fat (1%), Milk	Biscuit WG Jam Low-Fat (1%), Milk	Golden Corn Bread 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.