

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST		<b>Mini Bagels WG</b> <b>Butter</b>  <b>Whole Fruit Apples</b> Low-Fat (1%), Milk	<b>Apple Cinnamon</b> <b>Oatmeal Muffin</b>  <b>Sliced Honeydew</b> Low-Fat (1%), Milk	<b>Berry Strata WG</b>  <b>Pineapple Slices</b> Low-Fat (1%), Milk	<b>Golden Corn Bread</b>  <b>Fresh Fruit Oranges</b> Low-Fat (1%), Milk
LUNCH		<b>Pineapple Chicken</b> <b>Jasmine Rice</b>  <b>Roasted Carrots and</b> <b>Kale</b>  <b>Whole Fruit</b> <b>Clementines</b> Low-Fat (1%), Milk	<b>Cheesy Scrambled Eggs</b> <b>Whole Grain Rolls</b>  <b>Home Style Potatoes</b>  <b>Pineapple Slices</b> Low-Fat (1%), Milk	<b>Ropa Vieja</b> <b>Cilantro Brown Rice</b>  <b>Black Beans</b>  <b>Cantaloupe</b> Low-Fat (1%), Milk	<b>Homemade Pizza</b>  <b>Sauteed Bokchoy</b>  <b>Pineapple Slices</b> Low-Fat (1%), Milk
SNACK		<b>Mixed Berry Yogurt</b> Low-Fat (1%), Milk	<b>Biscuit WG</b> <b>Jam</b> Low-Fat (1%), Milk	<b>Mozzarella Cheese</b> <b>Cubes</b> <b>Baguette Slices WG</b> Low-Fat (1%), Milk	<b>Sweet Potato Muffin</b> 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.