



	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	<b>Red Rabbit O's Cereal WG</b>  <b>Fresh Fruit</b> Low-Fat (1%), Milk	<b>Pumpkin Bread WG</b>  <b>Fresh Fruit</b> Low-Fat (1%), Milk	<b>Morning Glory Muffin</b>  <b>Fresh Fruit</b> Low-Fat (1%), Milk	<b>Carrot Bread WG</b>  <b>Fresh Fruit</b> Low-Fat (1%), Milk	<b>Berry Waffles WG</b>  <b>Fresh Fruit</b> Low-Fat (1%), Milk
LUNCH	<b>3 Cheese Rigatoni w/ Mozzarella</b>  <b>Roasted Vegetables</b>  <b>Fresh Fruit</b> Low-Fat (1%), Milk	<b>Pineapple Chicken Jasmine Rice</b>  <b>Sauteed Bokchoy</b>  <b>Fresh Fruit</b> Low-Fat (1%), Milk	<b>Cheesy Scrambled Eggs Brioche Rolls</b>  <b>Home Style Potatoes</b>  <b>Fresh Fruit</b> Low-Fat (1%), Milk	<b>Ropa Vieja Cilantro Brown Rice</b>  <b>Black Beans</b>  <b>Fresh Fruit</b> Low-Fat (1%), Milk	<b>Homemade Pizza</b>  <b>Roasted Broccoli</b>  <b>Fresh Fruit</b> Low-Fat (1%), Milk
SNACK	<b>Berry Muffin WG</b> Low-Fat (1%), Milk	<b>Cheesy Pizza Stick</b> Low-Fat (1%), Milk	<b>Celery/Carrot Sticks Green Goddess Dressing</b> Low-Fat (1%), Milk	<b>Cheddar Cheese Cubes 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.