

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Corn Flakes Sliced Honeydew Low-Fat (1%), Milk		Morning Glory Muffin Sliced Honeydew Low-Fat (1%), Milk	Mixed Berry Yogurt Crunchy Granola WG Pineapple Slices Low-Fat (1%), Milk	Berry Waffles WG Fresh Fruit Oranges Low-Fat (1%), Milk
LUNCH	Cheesy Pesto Chicken Pasta Zucchini & Tomatoes Cantaloupe Low-Fat (1%), Milk		Homemade Beef Meatballs w/ Marinara Pasta Roasted Broccoli Pineapple Slices Low-Fat (1%), Milk	Turkey Cuban Sandwich Roasted Sweet Potato Wedges Cantaloupe Low-Fat (1%), Milk	Butternut Squash Macaroni & Cheese Roasted Vegetables Pineapple Slices Low-Fat (1%), Milk
SNACK	Oat Bread Low-Fat (1%), Milk		Chickpea Hummus Soft Pita Bread WG Low-Fat (1%), Milk	Pumpkin Bread WG Low-Fat (1%), Milk	Herb & Cheese Triangles 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.