



	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Red Rabbit O's Cereal WG Fresh Fruit Oranges Low-Fat (1%), Milk	Berry Waffles WG Sliced Honeydew Low-Fat (1%), Milk	Apple Muffin Pineapple Slices Low-Fat (1%), Milk	Mini Bagels WG Cream Cheese Sliced Honeydew Low-Fat (1%), Milk	Blueberry Yogurt Parfait Crunchy Granola WG Fresh Fruit Oranges Low-Fat (1%), Milk
LUNCH	Beef Bolognese Penne Green Beans & Carrots Pineapple Slices Low-Fat (1%), Milk	Pollo Guisado Cilantro Brown Rice Kidney Beans Whole Fruit Apples Low-Fat (1%), Milk	Crispy Chicken Bites Maple Waffles WG Chow Chow Fresh Fruit Oranges Low-Fat (1%), Milk	Turkey Sloppy Joes Whole Grain Bun Sweet Corn Cantaloupe Low-Fat (1%), Milk	3 Cheese Rigatoni w/ Mozzarella Roasted Vegetables Sliced Honeydew 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.