

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	<p>Corn Flakes</p> <p>Whole Fruit Apples Low-Fat (1%), Milk</p>	<p>Tomato Bread</p> <p>Pineapple Slices Low-Fat (1%), Milk</p>	<p>Morning Glory Muffin</p> <p>Cantaloupe Low-Fat (1%), Milk</p>	<p>Mixed Berry Yogurt Crunchy Granola WG</p> <p>Fresh Fruit Low-Fat (1%), Milk</p>	<p>Mini Bagels WG Jam</p> <p>Fresh Fruit Low-Fat (1%), Milk</p>
LUNCH	<p>Cheesy Pesto Chicken Penne</p> <p>Zucchini & Tomatoes</p> <p>Fresh Fruit Oranges Low-Fat (1%), Milk</p>	<p>Jerk Chicken Jasmine Rice</p> <p>Red Beans</p> <p>Sliced Honeydew Low-Fat (1%), Milk</p>	<p>Homemade Beef Meatballs w/ Marinara Penne</p> <p>Roasted Broccoli</p> <p>Whole Fruit Apples Low-Fat (1%), Milk</p>	<p>Turkey Cuban Sandwich</p> <p>Roasted Sweet Potato Wedges</p> <p>Fresh Fruit Low-Fat (1%), Milk</p>	<p>Butternut Squash Macaroni & Cheese</p> <p>Roasted Vegetables</p> <p>Fresh Fruit Low-Fat (1%), Milk</p>
SNACK	<p>Oat Bread Low-Fat (1%), Milk</p>	<p>Cheddar Cheese Cubes Baguette Slices WG Low-Fat (1%), Milk</p>	<p>Chickpea Hummus Soft Pita Bread WG Low-Fat (1%), Milk</p>	<p>Pumpkin Bread WG Low-Fat (1%), Milk</p>	<p>Herb & Cheese Triangles Low-Fat (1%), Milk</p>

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.