

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	<p>Apple-Carrot Bread</p> <p>Whole Fruit Apples Low-Fat (1%), Milk</p>	<p>Mini Bagels WG Jam</p> <p>Fresh Fruit Oranges Low-Fat (1%), Milk</p>	<p>Corn Flakes</p> <p>Pineapple Slices Low-Fat (1%), Milk</p>	<p>Berry Waffles WG</p> <p>Sliced Honeydew Low-Fat (1%), Milk</p>	<p>Blueberry Yogurt Parfait Crunchy Granola WG</p> <p>Fresh Fruit Oranges Low-Fat (1%), Milk</p>
LUNCH	<p>Beef Bolognese Penne</p> <p>Green Beans & Carrots</p> <p>Cantaloupe Low-Fat (1%), Milk</p>	<p>Pollo Guisado Cilantro Brown Rice</p> <p>Kidney Beans</p> <p>Pineapple Slices Low-Fat (1%), Milk</p>	<p>Crispy Chicken Bites Maple Waffles WG</p> <p>Chow Chow</p> <p>Sliced Honeydew Low-Fat (1%), Milk</p>	<p>Turkey Sloppy Joes Whole Grain Bun</p> <p>Sweet Corn</p> <p>Cantaloupe Low-Fat (1%), Milk</p>	<p>3 Cheese Rigatoni w/ Mozzarella</p> <p>Roasted Vegetables</p> <p>Pineapple Slices Low-Fat (1%), Milk</p>
SNACK	<p>Soft Wheat Pretzels WG Low-Fat (1%), Milk</p>	<p>Strawberry Oatmeal Bites WG Low-Fat (1%), Milk</p>	<p>Biscuit WG Jam Low-Fat (1%), Milk</p>	<p>Golden Corn Bread Low-Fat (1%), Milk</p>	<p>Cheddar Cheese Cubes Baguette Slices WG 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.