

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	<p>Corn Flakes</p> <p>Whole Fruit Apples Low-Fat (1%), Milk</p>	<p>Mini Bagels WG Butter</p> <p>Sliced Honeydew Low-Fat (1%), Milk</p>	<p>Apple Cinnamon Oatmeal Muffin</p> <p>Pineapple Slices Low-Fat (1%), Milk</p>	<p>Berry Strata WG</p> <p>Sliced Honeydew Low-Fat (1%), Milk</p>	
LUNCH	<p>Cheesy Alfredo</p> <p>Carrots & Peas</p> <p>Fresh Fruit Low-Fat (1%), Milk</p>	<p>Pineapple Chicken Jasmine Rice</p> <p>Sauteed Bokchoy</p> <p>Whole Fruit Apples Low-Fat (1%), Milk</p>	<p>Ricotta Cheese Ravioli</p> <p>Green Beans</p> <p>Sliced Honeydew Low-Fat (1%), Milk</p>	<p>Ropa Vieja Cilantro Brown Rice</p> <p>Black Beans</p> <p>Pineapple Slices Low-Fat (1%), Milk</p>	
SNACK	<p>Banana Bread WG Low-Fat (1%), Milk</p>	<p>Soft Wheat Pretzels WG Low-Fat (1%), Milk</p>	<p>Biscuit WG Jam Low-Fat (1%), Milk</p>	<p>Mozzarella 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.