	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	**Apple Cinnamon Bagels WG** **Butter** **Fresh Fruit** Low-Fat (1%), Milk	**Apple Cinnamon Oatmeal Muffin** **Fresh Fruit** Low-Fat (1%), Milk	**Blueberry Bagels WG** **Cream Cheese** **Fresh Fruit** Low-Fat (1%), Milk	**Berry Waffles WG** **Fresh Fruit** Low-Fat (1%), Milk	**Red Rabbit O's Cereal WG** **Fresh Fruit** Low-Fat (1%), Milk
LUNCH	**Jerk Chicken** **Jasmine Rice** **Steamed Edamame** **Fresh Fruit** Low-Fat (1%), Milk	**Homemade Pizza** **Green Beans** **Fresh Fruit** Low-Fat (1%), Milk	**Crispy Chicken Bites** **Whole Grain Bun** **Roasted Broccoli** **Ketchup** **Fresh Fruit** Low-Fat (1%), Milk	**Beef Bolognese** **Penne** **Roasted Vegetables** **Fresh Fruit** Low-Fat (1%), Milk	**Cheesy Scrambled Eggs** **Whole Grain Bun** **Home Style Potatoes** **Fresh Fruit** Low-Fat (1%), Milk
SNACK	**Soft Wheat Pretzels WG** Low-Fat (1%), Milk	**Pumpkin Bread WG** Low-Fat (1%), Milk	**Mozzarella Cheese Cubes** **Baguette Slices WG** Low-Fat (1%), Milk	**Banana Bread WG** Low-Fat (1%), Milk	**Homemade Trail Mix 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.