

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	<p>Red Rabbit O's Cereal WG</p> <p>Whole Fruit Apples Low-Fat (1%), Milk</p>	<p>Mini Bagels WG Cream Cheese</p> <p>Pineapple Slices Low-Fat (1%), Milk</p>	<p>Apple Cinnamon Oatmeal Muffin</p> <p>Fresh Fruit Oranges Low-Fat (1%), Milk</p>	<p>Berry Waffles WG</p> <p>Whole Fruit Apples Low-Fat (1%), Milk</p>	<p>Blueberry Yogurt Parfait Crunchy Granola WG</p> <p>Pineapple Slices Low-Fat (1%), Milk</p>
LUNCH	<p>Jerk Chicken Jasmine Rice</p> <p>Steamed Edamame</p> <p>Fresh Fruit Oranges Low-Fat (1%), Milk</p>	<p>Beef Bolognese Penne</p> <p>Roasted Vegetables</p> <p>Whole Fruit Apples Low-Fat (1%), Milk</p>	<p>Cheesy Pink Tortellini</p> <p>Roasted Vegetables</p> <p>Whole Fruit Pears Low-Fat (1%), Milk</p>	<p>Chicken Cacciatore Focaccia</p> <p>Green Peas</p> <p>Fresh Fruit Low-Fat (1%), Milk</p>	<p>Butternut Squash Macaroni & Cheese</p> <p>Green Beans & Carrots Ketchup</p> <p>Whole Fruit Apples Low-Fat (1%), Milk</p>
SNACK	<p>Cranberry Apple Muffin 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.