

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Apple Cinnamon Bagels WG Cream Cheese Whole Fruit Apples Low-Fat (1%), Milk	Banana Bread WG Fresh Fruit Low-Fat (1%), Milk	Cheddar Biscuit WG Jam 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	Cheesy Pesto Chicken Penne Roasted Carrots Fresh Fruit Low-Fat (1%), Milk	Oven Roasted Chicken Shawarma Soft Pita Bread WG Sauteed Kale Fresh Fruit Low-Fat (1%), Milk	Pollo Guisado Cilantro Brown Rice Red Beans Fresh Fruit Low-Fat (1%), Milk	Beef Fajitas Whole Wheat Tortilla Black Beans Pico de Gallo Fresh Fruit Low-Fat (1%), Milk	Grilled Cheese on Challah Sweet Corn Fresh Fruit Low-Fat (1%), Milk
SNACK	Pumpkin Bread WG Low-Fat (1%), Milk	Homemade Trail Mix WG Low-Fat (1%), Milk	Mixed Berry Yogurt Low-Fat (1%), Milk	Mozzarella Cheese Cubes Baguette Slices WG Low-Fat (1%), Milk	Berry Muffin 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.