


	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST		Blueberry Bagels WG Cream Cheese Fresh Fruit Low-Fat (1%), Milk	Mixed Berry Yogurt Crunchy Granola WG 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		3 Cheese Rigatoni w/ Mozzarella Roasted Vegetables Fresh Fruit Low-Fat (1%), Milk	Beef Tacos Whole Wheat Tortilla Black Bean Salad Fresh Fruit Low-Fat (1%), Milk	Turkey Meatloaf Whole Grain Bun Green Beans Fresh Fruit Low-Fat (1%), Milk	Macaroni & Cheese WG Roasted Broccoli Fresh Fruit Low-Fat (1%), Milk
SNACK		Peach Yogurt Parfait Low-Fat (1%), Milk	Homemade Trail Mix WG Low-Fat (1%), Milk	Cheddar Cheese Cubes Baguette Slices WG Low-Fat (1%), Milk	Strawberry Applesauce 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.