

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST MEAL					
Lunch MMA					
Veg	½ c Broccoli (Dark Grn)	1.25 c Carrots	½ c Corn (Starch)	3/4 c Celery Sticks (Otr)	
Fruit	½ c Baked Beans (Otr)	½ c Pears, 1 Orange	½ c Oranges, 1 Banana	½ c Fruit Mix, 1 Apple	
Grain	½ c Apples, 1 Banana WG Pretzel Roll (2 oz)	WG Tortilla (2 oz)	WG in Noodles Brown Rice+ Roll (2 oz)	WG Bun (2 oz)	
	13	14	15	16	
BREAKFAST MEAL	WG Cornbread w/Syrup (1 oz)	WG Apple Bites (2 oz)	WG Bagel w/Crm Chs (2 oz)	French Toast Bites (3 oz)	
Lunch MMA	Chicken Chili (8 oz)	Beef Yakisoba (8 oz)	WG Cheese Pizza (1 Slice)	Chicken Cheese Sandwich	
Veg	½ c Corn (Starch)	¾ c Broccoli (Dark Green)	1.25 c Carrots w/Ranch (R/O)	1 c Red Beans (Leg)	
Fruit	½ c Green Peas (Starch)	½ c Green Beans (Other)	½ c Fruit Mix, 1 Apple	½ c Mand Oranges, 1 Banana	
Grain	½ c Peaches, 1 Banana Brown Rice + WG Roll (2 oz)	½ c Apples, ½ c Oranges WG Noodles +Roll (2 oz)	Grain in Crust (2 oz)	WG Bun (2 oz)	
	20	21	22	23	
BREAKFAST MEAL	WG Banana Muffin (2 oz)	Spiced Oatmeal (6 oz)	WG Mini Cin Chs Bag (2.43 oz)	WG Bagel w/Crm Chs (2 oz)	
Lunch MMA	Salisbury Steak (1 pc)	Stir Fry Fajita Chicken (8 oz)	WG Chicken & Waffles (5.10 oz)	Egg Salad Sandwich	
Veg	½ c Mashed Potatoes (Starch)	1.25 c Carrots w/Ranch (R/O)	Broccoli (GL)	1 c Black Beans (Leg)	1.25 c Carrots w/Ranch (R/O)

	22	23	24	25	26
Fruit	½ c Green Peas (Starch)	½ c Applesauce, ½ c Oranges	¾ c Green Beans (Otr)	½ c Mand Oranges, 1 Apple <u>WG Bun (2 oz)</u>	½ c Fruit Mix, 1 Apple
Grain	½ c Apples, 1 Banana <u>WG Roll (2 oz)</u>	WG Brn Rice (4 oz)+ <u>WG Roll (1 oz)</u>	½ c Mixed Fruit, ½ c Pears <u>WG in Chicken /Waffles (2 oz)</u>		<u>Grain in Crust (2 oz)</u>
BREAKFAST MEAL	<u>WG Bagel w/Crm Chs (2 oz)</u> ½ c Orange + 1 Banana	<u>WG Waffles (2 ea)</u> 1 Sliced Apples + ½ c Pineapples	<u>WG Apple Bites (2 oz)</u> 1 Banana + ½ c Sliced Peaches	<u>Fruity Oatmeal (1 ½ c = 2 oz)</u> 1 Apple + ½ c Pears	<u>WG Gran w/Straw Yog (5 oz)</u> 1 Apple + ½ c Orange Juice
Lunch MMA	<u>Beef and Cajun Rice (6 oz)</u>	<u>Chicken Philly (1 ea)</u>	<u>WG Cheese Pizza (1 Slice)</u>	<u>Beef & Chs Wraps</u>	<u>WG Cheese Pizza (1 Slice)</u>
Veg	½ c Green Beans (Other)	1 c Broccoli (Dark Grn)	1.25 c Carrots w/Ranch (R/O)	¾ c Corn Salad (Starch)	1.25 c Carrots w/Ranch (R/O)
Fruit	½ c Baked Beans (Leg)	½ c Pears, ½ c Oranges	½ c Fruit Mix, 1 Apple	½ c Peaches, 1 Apple	½ c Fruit Mix, 1 Apple
Grain	½ c Apples, 1 Banana <u>WG Brn Rice 4 oz + Roll (2 oz)</u>	<u>WG Bun (2 oz)</u>	<u>Grain in Crust (2 oz)</u>	<u>WG Wrap (2 oz)</u>	<u>Grain in Crust (2 oz)</u>
BREAKFAST MEAL	<u>WG Bagel Bites (2 oz)</u> ½ c Oranges, ½ c Apple Juice	<u>WG Blueberry Muffin (2 oz)</u> 1 Banana, ½ c Orange Juice	<u>Peach Oatmeal Bake (8 oz)</u> ½ c Peaches (in bake) + ½ c OJuice	<u>WG Apple Muffin Sq (2 oz)</u> 1 Banana + ½ c Apple Juice	<u>WG</u>
Lunch MMA	<u>Turkey Hotdog (4 oz)</u>	<u>BBQ Chicken Legs (5.15 oz)</u>	<u>Beef Stroganoff (6 oz)</u>	<u>Curry Chicken Sandwich</u>	<u>WG</u>
Veg	¾ c French Fries (Starch)	½ c Broccoli (Dark Grn)	1 c Green Beans (Otr)	1.25 c Carrots w/Ranch (R/O)	1.25 c Carrots w/Ranch (R/O)
Fruit	½ c Apples, 1 Banana <u>WG Hotdog Bun (2 oz)</u>	½ c Black Beans (leg)	½ c Fruit Cocktail, ½ c Pears	½ c Peaches, 1 Apple	½ c Fruit Mix, 1 Apple
Grain		½ c Pears, ½ c Oranges <u>WG Brn Rice 4 oz + Roll (2 oz)</u>	<u>WG Noodles +Roll (2 oz)</u>	<u>WG Croissant (2.5 oz)</u>	<u>Grain in Crust (2 oz)</u>

