

BridgePrep Charter Academy

		Mon	Starchy	Tue	Dark Green	Wed	Red & Orange	Thu	Beans and Peas	Fri	Other
B						1		2		3	
	L										
B	6			7		8		9		10	
	L										
B	13			14		15	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Graham Crackers 2 pks	16	100% Fruit Juice 1/2 cup Nutrigrain Bar 1.55 oz Yogurt 4 oz	17	100% Fruit Juice 1/2 cup WGR Apple Cinnamon Muffin 2 oz Margarine
	L					Chicken Patty (2 oz meat eq/1 oz grain) Whole Wheat Bun (2.0 oz eq) Baby Carrot 3/4 cup		Hot Dogs 2 oz. WW Bun 2 oz Broccoli 1/2 cup Salad Mix 1/2 cup		2 Pizza Cheese Sticks (2 oz meat eq & 4 oz grain eq) Marinara Sauce 1/4 cup Cucumber Slices 1/2 cup	
B	20	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Cheese Sticks 1 oz		21	100% Fruit Juice 1/2 cup WGR Blueberry Muffin 2 oz Margarine	22	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Graham Crackers 2 pks	23	100% Fruit Juice 1/2 cup Nutrigrain Bar 1.55 oz Yogurt 4 oz	24	100% Fruit Juice 1/2 cup WGR Apple Cinnamon Muffin 2 oz Margarine
	L	Whole Grain Burrito (2 oz meat eq and 2 oz grain eq) Refried Beans 1/2 cup Salad Mix Sour Cream		Mini Corn Dogs (2 oz meat eq and 2 oz grain eq) Broccoli w/ cheese sauce 3/4 cup Salad Mix 1/2 cup		Italian Combo Wrap (Turkey ham, Turkey Pepperoni, Turkey Salami) (2 oz meat eq and 1 oz grain eq) Baby Carrots 3/4 cup		Spaghetti w/3 Meat Balls (1.5 oz meat eq) (1/4 cup sauce, 1/4 cup WWpasta) WW Dinner Roll (1.5 eq) Fruitables Drink Box (1/2 cup veg eq)		Chicken Patty (2 oz meat eq/1 oz grain) Whole Wheat Bun (2.0 oz eq) Corn 1/2 cup Romaine 1/2 cup	
B	27	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Cheese Sticks 1 oz		28	100% Fruit Juice 1/2 cup WGR Blueberry Muffin 2 oz Margarine	29	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Graham Crackers 2 pks	30	100% Fruit Juice 1/2 cup Nutrigrain Bar 1.55 oz Yogurt 4 oz	31	100% Fruit Juice 1/2 cup WGR Apple Cinnamon Muffin 2 oz Margarine
	L	Meatball Sub (3 =1.50oz eq) WW Bun (2.0 eq) Tater Tots 1/2 cup Salad Mix 1/2 Cup		Chicken Nuggets (2 oz meat eq and 1 oz grain eq) Broccoli w/ cheese sauce 3/4 cup BBQ Sauce		Cheeseburger 3 oz. Whole Wheat Bun (2.0 oz eq) Baby Carrots 1/2 cup Salad Mix 1/2 cup		Chicken Strips (2 oz meat eq) Black beans & rice 1 cup Salad Mix 1/2 c eq		Beef Ravioli (2 meat & 3/8 veg) Dinner roll 1.5 oz Cucumbers 1/2 cup Salad Mix 1/2 cup	

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	Mon	Tue	Wed	Thu	Fri
B	3	4	5	6	7
	NO SCHOOL	100% Fruit Juice 1/2 cup WGR Chocolate Muffin 2 oz Margarine * Breakfast for Lunch * Egg, Cheese, Turkey Frittata (2 meat eq) Dinner roll 1.5 oz. Baked Beans 1/2 cup Romaine 1/2 cup	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Graham Crackers 2 pks Chicken Patty (2 oz meat eq/1 oz grain) Whole Wheat Bun (2.0 oz eq) Baby Carrot 3/4 cup	100% Fruit Juice 1/2 cup Nutrigrain Bar 1.55 oz Yogurt 4 oz Hot Dogs 2 oz. WW Bun 2 oz Broccoli 1/2 cup Salad Mix 1/2 cup	100% Fruit Juice 1/2 cup WGR Apple Cinnamon Muffin 2 oz Margarine 2 Pizza Cheese Sticks (2 oz meat eq & 4 oz grain eq) Marinara Sauce 1/4 cup Cucumber Slices 1/2 cup
B	10	11	12	13	14
	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Cheese Sticks 1 oz Whole Grain Burrito (2 oz meat eq and 2 oz grain eq) Refried Beans 1/2 cup Salad Mix Sour Cream	100% Fruit Juice 1/2 cup WGR Blueberry Muffin 2 oz Margarine Mini Corn Dogs (2 oz meat eq and 2 oz grain eq) Broccoli w/ cheese sauce 3/4 cup Salad Mix 1/2 cup	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Graham Crackers 2 pks Italian Combo Wrap (Turkey ham, Turkey Pepperoni, Turkey Salami) (2 oz meat eq and 1 oz grain eq) Baby Carrots 3/4 cup	100% Fruit Juice 1/2 cup Nutrigrain Bar 1.55 oz Yogurt 4 oz Spaghetti w/3 Meat Balls (1.5 oz meat eq) (1/4 cup sauce, 1/4 cup WWpasta) WW Dinner Roll (1.5 eq) Fruitables Drink Box (1/2 cup veg eq)	100% Fruit Juice 1/2 cup WGR Apple Cinnamon Muffin 2 oz Margarine Chicken Patty (2 oz meat eq/1 oz grain) Whole Wheat Bun (2.0 oz eq) Corn 1/2 cup Romaine 1/2 cup
B	17	18	19	20	21
	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Cheese Sticks 1 oz Meatball Sub (3 =1.50oz eq) WW Bun (2.0 eq) Tater Tots 1/2 cup Salad Mix 1/2 Cup	100% Fruit Juice 1/2 cup WGR Chocolate Muffin 2 oz Margarine Chicken Nuggets (2 oz meat eq and 1 oz grain eq) Broccoli w/ cheese sauce 3/4 cup BBQ Sauce	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Graham Crackers 2 pks Cheeseburger 3 oz. Whole Wheat Bun (2.0 oz eq) Baby Carrots 1/2 cup Salad Mix 1/2 cup	100% Fruit Juice 1/2 cup Nutrigrain Bar 1.55 oz Yogurt 4 oz Chicken Strips (2 oz meat eq) Black beans & rice 1 cup Salad Mix 1/2 c eq	100% Fruit Juice 1/2 cup WGR Apple Cinnamon Muffin 2 oz Margarine Beef Ravioli (2 meat & 3/8 veg) Dinner roll 1.5 oz Cucumbers 1/2 cup Salad Mix 1/2 cup
B	24	25	26	27	28
	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Cheese Sticks 1 oz Calzone (2 oz meat eq and 2 oz grain eq) Corn 1/2 cup Salad mix 1/2 cup	100% Fruit Juice 1/2 cup WGR Chocolate Muffin 2 oz Margarine * Breakfast for Lunch * Egg, Cheese, Turkey Frittata (2 meat eq) Dinner roll 1.5 oz. Baked Beans 1/2 cup Romaine 1/2 cup	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Graham Crackers 2 pks Chicken Patty (2 oz meat eq/1 oz grain) Whole Wheat Bun (2.0 oz eq) Baby Carrot 3/4 cup	100% Fruit Juice 1/2 cup Nutrigrain Bar 1.55 oz Yogurt 4 oz Hot Dogs 2 oz. WW Bun 2 oz Broccoli 1/2 cup Salad Mix 1/2 cup	100% Fruit Juice 1/2 cup WGR Apple Cinnamon Muffin 2 oz Margarine 2 Pizza Cheese Sticks (2 oz meat eq & 4 oz grain eq) Marinara Sauce 1/4 cup Cucumber Slices 1/2 cup

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	Mon	Starchy	Tue	Dark Green	Wed	Red & Orange	Thu	Beans and Peas	Fri	Other
B	1	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Cheese Sticks 1 oz	2	100% Fruit Juice 1/2 cup WGR Blueberry Muffin 2 oz Margarine	3	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Graham Crackers 2 pks	4	100% Fruit Juice 1/2 cup Nutrigrain Bar 1.55 oz Yogurt 4 oz	5	100% Fruit Juice 1/2 cup WGR Apple Cinnamon Muffin 2 oz Margarine
		Whole Grain Burrito (2 oz meat eq and 2 oz grain eq) Refried Beans 1/2 cup Mix Sour Cream	Salad	Corn Dogs (2 oz meat eq and 2 oz grain eq) Broccoli w/ cheese sauce 3/4 cup Salad Mix 1/2 cup	Italian Combo Wrap (Turkey ham, Turkey Pepperoni, Turkey Salami) (2 oz meat eq and 1 oz grain eq) Baby Carrots 3/4 cup	Spaghetti w/3 Meat Balls (1.5 oz meat eq) (1/4 cup sauce, 1/4 cup WWpasta) WW Dinner Roll (1.5 eq) Fruitables Drink Box (1/2 cup veg eq)	Chicken Patty (2 oz meat eq/1 oz grain) Whole Wheat Bun (2.0 oz eq) Corn 1/2 cup Romaine 1/2 cup			
B	8	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Cheese Sticks 1 oz	9	100% Fruit Juice 1/2 cup WGR Chocolate Muffin 2 oz Margarine	10	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Graham Crackers 2 pks	11	100% Fruit Juice 1/2 cup Nutrigrain Bar 1.55 oz Yogurt 4 oz	12	100% Fruit Juice 1/2 cup WGR Apple Cinnamon Muffin 2 oz Margarine
		Meatball Sub (3 =1.50oz eq) WW Bun (2.0 eq) Tater Tots 1/2 cup Salad Mix 1/2 Cup	Chicken Nuggets (2 oz meat eq and 1 oz grain eq) Broccoli w/ cheese sauce 3/4 cup BBQ Sauce	Cheeseburger 3 oz. Whole Wheat Bun (2.0 oz eq) Baby Carrots 1/2 cup Salad Mix 1/2 cup	Chicken Strips (2 oz meat eq) Black beans & rice 1 cup Salad Mix 1/2 c eq	Beef Ravioli (2 meat & 3/8 veg) Dinner roll 1.5 oz Cucumbers 1/2 cup Salad Mix 1/2 cup				
B	15	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Cheese Sticks 1 oz	16	100% Fruit Juice 1/2 cup WGR Blueberry Muffin 2 oz Margarine	17	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Graham Crackers 2 pks	18	100% Fruit Juice 1/2 cup Nutrigrain Bar 1.55 oz Yogurt 4 oz	19	100% Fruit Juice 1/2 cup WGR Apple Cinnamon Muffin 2 oz Margarine
		2 Pizza Cheese Sticks (2 oz meat eq & 4 oz grain eq) Marinara Sauce 1/4 cup Cucumber Slices 1/2 cup	* Breakfast for Lunch * Egg, Cheese, Turkey Frittata (2 meat eq) Dinner roll 1.5 oz. Baked Beans 1/2 cup Romaine 1/2 cup	Chicken Patty (2 oz meat eq/1 oz grain) Whole Wheat Bun (2.0 oz eq) Baby Carrot 3/4 cup	Hot Dogs 2 oz. WW Bun 2 oz Broccoli 1/2 cup Salad Mix 1/2 cup	Calzone (2 oz meat eq and 2 oz grain eq) Corn 1/2 cup Salad mix 1/2 cup				
B	22	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Cheese Sticks 1 oz	23	100% Fruit Juice 1/2 cup WGR Chocolate Muffin 2 oz Margarine	24	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Graham Crackers 2 pks	25	100% Fruit Juice 1/2 cup Nutrigrain Bar 1.55 oz Yogurt 4 oz	26	100% Fruit Juice 1/2 cup WGR Apple Cinnamon Muffin 2 oz Margarine
		Whole Grain Burrito (2 oz meat eq and 2 oz grain eq) Refried Beans 1/2 cup Mix Sour Cream	Salad	Corn Dogs (2 oz meat eq and 2 oz grain eq) Broccoli w/ cheese sauce 3/4 cup Salad Mix 1/2 cup	Italian Combo Wrap (Turkey ham, Turkey Pepperoni, Turkey Salami) (2 oz meat eq and 1 oz grain eq) Baby Carrots 3/4 cup	Spaghetti w/3 Meat Balls (1.5 oz meat eq) (1/4 cup sauce, 1/4 cup WWpasta) WW Dinner Roll (1.5 eq) Fruitables Drink Box (1/2 cup veg eq)	Chicken Patty (2 oz meat eq/1 oz grain) Whole Wheat Bun (2.0 oz eq) Corn 1/2 cup Romaine 1/2 cup			
B	29	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Cheese Sticks 1 oz	30	100% Fruit Juice 1/2 cup WGR Blueberry Muffin 2 oz Margarine	31	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Graham Crackers 2 pks				
		Meatball Sub (3 =1.50oz eq) WW Bun (2.0 eq) Tater Tots 1/2 cup Salad Mix 1/2 Cup	Chicken Nuggets (2 oz meat eq and 1 oz grain eq) Broccoli w/ cheese sauce 3/4 cup BBQ Sauce	Cheeseburger 3 oz. Whole Wheat Bun (2.0 oz eq) Baby Carrots 1/2 cup Salad Mix 1/2 cup						

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	Mon	Tue	Wed	Thu	Fri
B				1 100% Fruit Juice 1/2 cup Nutrigrain Bar 1.55 oz Yogurt 4 oz	2 100% Fruit Juice 1/2 cup WGR Apple Cinnamon Muffin 2 oz Margarine
				Chicken Strips (2 oz meat eq) Dinner Roll 1.5 oz Black beans 1/2 cup Salad Mix 1/2 c eq	Beef Ravioli (2 meat & 3/8 veg) Dinner roll 1.5 oz Cucumbers 1/2 cup Salad Mix 1/2 cup
B	5 100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Cheese Sticks 1 oz	6 100% Fruit Juice 1/2 cup WGR Chocolate Muffin 2 oz Margarine	7 100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Graham Crackers 2 pks	8 100% Fruit Juice 1/2 cup Nutrigrain Bar 1.55 oz Yogurt 4 oz	9 100% Fruit Juice 1/2 cup WGR Apple Cinnamon Muffin 2 oz Margarine
	Calzone (2 oz meat eq and 2 oz grain eq) Corn 1/2 cup Salad mix 1/2 cup	* Breakfast for Lunch * Egg, Cheese, Turkey Frittata (2 meat eq) Dinner roll 1.5 oz. Baked Beans 1/2 cup Romaine 1/2 cup	Chicken Patty (2 oz meat eq/1 oz grain) Whole Wheat Bun (2.0 oz eq) Baby Carrot 3/4 cup	Hot Dogs 2 oz. WW Bun 2 oz Broccoli 1/2 cup Salad Mix 1/2 cup	2 Pizza Cheese Sticks (2 oz meat eq & 4 oz grain eq) Marinara Sauce 1/4 cup Cucumber Slices 1/2 cup
B	12 100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Cheese Sticks 1 oz	13 100% Fruit Juice 1/2 cup WGR Blueberry Muffin 2 oz Margarine	14 100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Graham Crackers 2 pks	15 100% Fruit Juice 1/2 cup Nutrigrain Bar 1.55 oz Yogurt 4 oz	16 100% Fruit Juice 1/2 cup WGR Apple Cinnamon Muffin 2 oz Margarine
L	Whole Grain Burrito (2 oz meat eq and 2 oz grain eq) Refried Beans 1/2 cup Salad Mix Sour Cream	Corn Dogs (2 oz meat eq and 2 oz grain eq) Broccoli w/ cheese sauce 3/4 cup Salad Mix 1/2 cup	Italian Combo Wrap (Turkey ham, Turkey Pepperoni, Turkey Salami) (2 oz meat eq and 1 oz grain eq) Baby Carrots 3/4 cup	Ziti w/3 Meat Balls (1.5 oz meat eq) (1/4 cup sauce, 1/4 cup WWpasta) WW Dinner Roll (1.5 eq) Fruitables Drink Box (1/2 cup veg eq)	Ham & Cheese Sandwich (2M/2G) Whole Wheat Bun (2.0 oz eq) Baby Carrot 3/4 c
B	19 100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Cheese Sticks 1 oz	20 100% Fruit Juice 1/2 cup WGR Chocolate Muffin 2 oz Margarine	21	22	23
	Meatball Sub (3 =1.50oz eq) WW Bun (2.0 eq) Tater Tots 1/2 cup Salad Mix 1/2 Cup	Chicken Nuggets (2 oz meat eq and 1 oz grain eq) Broccoli w/ cheese sauce 3/4 cup BBQ Sauce	NO SCHOOL	NO SCHOOL	NO SCHOOL
B	26 100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Cheese Sticks 1 oz	27 100% Fruit Juice 1/2 cup WGR Blueberry Muffin 2 oz Margarine	28 100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Graham Crackers 2 pks	29 100% Fruit Juice 1/2 cup Nutrigrain Bar 1.55 oz Yogurt 4 oz	30 100% Fruit Juice 1/2 cup WGR Apple Cinnamon Muffin 2 oz Margarine
	Calzone (2 oz meat eq and 2 oz grain eq) Corn 1/2 cup Salad mix 1/2 cup	* Breakfast for Lunch * Egg, Cheese, Turkey Frittata (2 meat eq) Dinner roll 1.5 oz. Baked Beans 1/2 cup Romaine 1/2 cup	Chicken Patty (2 oz meat eq/1 oz grain) Whole Wheat Bun (2.0 oz eq) Baby Carrot 3/4 cup	Hot Dogs 2 oz. WW Bun 2 oz Broccoli 1/2 cup Salad Mix 1/2 cup	2 Pizza Cheese Sticks (2 oz meat eq & 4 oz grain eq) Marinara Sauce 1/4 cup Cucumber Slices 1/2 cup

Breakfast: \$2.25, reduced price is .30 cents * Lunch: \$3.50, reduced price .40 cents Breakfast and Lunch Menu Served w/ 8 oz Milk & 1/2 cup Fruit

	Mon	Tue	Wed	Thu	Fri
Breakfast	3 100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Cheese Sticks 1 oz	4 100% Fruit Juice 1/2 cup WGR Chocolate Muffin 2 oz Margarine	5 100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Graham Crackers 2 pks	6 100% Fruit Juice 1/2 cup Nutrigrain Bar 1.55 oz Yogurt 4 oz	7
Lunch	Whole Grain Burrito (2 oz meat eq and 2 oz grain eq) Refried Beans 1/2 cup Salad Mix Sour Cream	Corn Dogs (2 oz meat eq and 2 oz grain eq) Broccoli w/ cheese sauce 3/4 cup Salad Mix 1/2 cup	Italian Combo Wrap (Turkey ham, Turkey Pepperoni, Turkey Salami) (2 oz meat eq and 1 oz grain eq) Baby Carrots 3/4 cup	Ziti w/3 Meat Balls (1.5 oz meat eq) (1/4 cup sauce, 1/4 cup WWpasta) WW Dinner Roll (1.5 eq) Fruitables Drink Box (1/2 cup veg eq)	NO SCHOOL HURRICANE MAKE-UP DAY
Breakfast	10 100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Cheese Sticks 1 oz	11 100% Fruit Juice 1/2 cup WGR Blueberry Muffin 2 oz Margarine	12 100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Graham Crackers 2 pks	13 100% Fruit Juice 1/2 cup Nutrigrain Bar 1.55 oz Yogurt 4 oz	14 100% Fruit Juice 1/2 cup WGR Apple Cinnamon Muffin 2 oz Margarine
Lunch	Meatball Sub (3 =1.50oz eq) WW Bun (2.0 eq) Tater Tots 1/2 cup Salad Mix 1/2 Cup	Chicken Nuggets (2 oz meat eq and 1 oz grain eq) Broccoli w/ cheese sauce 3/4 cup BBQ Sauce	Cheeseburger 3 oz. Whole Wheat Bun (2.0 oz eq) Baby Carrots 1/2 cup Salad Mix 1/2 cup	Chicken Strips (2 oz meat eq) Dinner Roll 1.5 oz Black beans 1/2 cup Salad Mix 1/2 c eq	Beef Ravioli (2 meat & 3/8 veg) Dinner roll 1.5 oz Cucumbers 1/2 cup Salad Mix 1/2 cup
Breakfast	17 100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Cheese Sticks 1 oz	18 100% Fruit Juice 1/2 cup WGR Chocolate Muffin 2 oz Margarine	19 100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Graham Crackers 2 pks	20 100% Fruit Juice 1/2 cup Nutrigrain Bar 1.55 oz Yogurt 4 oz	21 100% Fruit Juice 1/2 cup WGR Apple Cinnamon Muffin 2 oz
Lunch	Calzone (2 oz meat eq and 2 oz grain eq) Corn 1/2 cup Salad mix 1/2 cup	* Breakfast for Lunch * Egg, Cheese, Turkey Frittata (2 meat eq) Dinner roll 1.5 oz. Baked Beans 1/2 cup Romaine 1/2 cup	Chicken Patty (2 oz meat eq/1 oz grain) Whole Wheat Bun (2.0 oz eq) Baby Carrot 3/4 cup	Hot Dogs 2 oz. WW Bun 2 oz Broccoli 1/2 cup Salad Mix 1/2 cup	2 Pizza Cheese Sticks (2 oz meat eq & 4 oz grain eq) Marinara Sauce 1/4 cup Cucumber Slices 1/2 cup
Breakfast	24	25	26	27	28
Lunch	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
Breakfast	31				
Lunch	NO SCHOOL				

Breakfast: \$2.25, reduced price is .30 cents * Lunch: \$3.50, reduced price .40 cents Breakfast and Lunch Menu Served w/ 8 oz Milk & 1/2 cup Fruit

	Mon	Tue	Wed	Thu	Fri
Breakfast		1	2	3	4
				100% Fruit Juice 1/2 cup Nutrigrain Bar 1.55 oz Yogurt 4 oz	100% Fruit Juice 1/2 cup WGR Apple Cinnamon Muffin 2 oz Margarine
Lunch		NO SCHOOL	NO SCHOOL	Chicken Strips (2 oz meat eq) Dinner Roll 1.5 oz Black beans 1/2 cup Salad Mix 1/2 c eq	Beef Ravioli (2 meat & 3/8 veg) Dinner roll 1.5 oz Cucumbers 1/2 cup Mix 1/2 cup Salad
	7	8	9	10	11
Breakfast	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Cheese Sticks 1 oz	100% Fruit Juice 1/2 cup WGR Blueberry Muffin 2 oz Margarine	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Graham Crackers 2 pls	100% Fruit Juice 1/2 cup Nutrigrain Bar 1.55 oz Yogurt 4 oz	100% Fruit Juice 1/2 cup WGR Apple Cinnamon Muffin 2 oz Margarine
Lunch	Calzone (2 oz meat eq and 2 oz grain eq) Corn 1/2 cup mix 1/2 cup Salad	* Breakfast for Lunch * Egg, Cheese, Turkey Frittata (2 meat eq) Dinner roll 1.5 oz. Baked Beans 1/2 cup Romaine 1/2 cup	Chicken Patty (2 oz meat eq/1 oz grain) Whole Wheat Bun (2.0 oz eq) Baby Carrot 3/4 cup	Hot Dogs 2 oz. WW Bun 2 oz Broccoli 1/2 cup Salad Mix 1/2 cup	2 Pizza Cheese Sticks (2 oz meat eq & 4 oz grain eq) Marinara Sauce 1/4 cup Cucumber Slices 1/2 cup
Breakfast	14	15	16	17	18
	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Cheese Sticks 1 oz	100% Fruit Juice 1/2 cup WGR Chocolate Muffin 2 oz Margarine	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Graham Crackers 2 pls	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Graham Crackers 2 pls	100% Fruit Juice 1/2 cup Nutrigrain Bar 1.55 oz Yogurt 4 oz
Lunch	Whole Grain Burrito oz meat eq and 2 oz grain eq) Refried Beans 1/2 cup Salad Mix Sour Cream	(2 Corn Dogs (2 oz meat eq and 2 oz grain eq) Broccoli w/ cheese sauce 3/4 cup Salad Mix 1/2 cup	Italian Combo Wrap (Turkey ham, Turkey Pepperoni, Turkey Salami) (2 oz meat eq and 1 oz grain eq) Baby Carrots 3/4 cup	Ziti w/3 Meat Balls (1.5 oz meat eq) (1/4 cup sauce, 1/4 cup WWpasta) WW Dinner Roll (1.5 eq) Fruitables Drink Box (1/2 cup veg eq)	Chicken Patty (2 oz meat eq/1 oz grain) Whole Wheat Bun (2.0 oz eq) Corn 1/2 cup Romaine 1/2 cup
Breakfast	21	22	23	24	25
	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Cheese Sticks 1 oz	100% Fruit Juice 1/2 cup WGR Blueberry Muffin 2 oz Margarine	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Graham Crackers 2 pls	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Graham Crackers 2 pls	100% Fruit Juice 1/2 cup Nutrigrain Bar 1.55 oz Yogurt 4 oz
Lunch	NO SCHOOL	Chicken Nuggets (2 oz meat eq and 1 oz grain eq) Broccoli w/ cheese sauce 3/4 cup BBQ Sauce	Cheeseburger 3 oz. Whole Wheat Bun (2.0 oz eq) Baby Carrots 1/2 cup Salad Mix 1/2 cup	Chicken Strips (2 oz meat eq) Dinner Roll 1.5 oz Black beans 1/2 cup Salad Mix 1/2 c eq	Meatball Sub (3 =1.50oz eq) WW Bun (2.0 eq) Tater Tots 1/2 cup Salad Mix 1/2 Cup
Breakfast	28	29	30	31	
	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Cheese Sticks 1 oz	100% Fruit Juice 1/2 cup WGR Chocolate Muffin 2 oz Margarine	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Graham Crackers 2 pls	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Graham Crackers 2 pls	100% Fruit Juice 1/2 cup Nutrigrain Bar 1.55 oz Yogurt 4 oz
Lunch	Calzone (2 oz meat eq and 2 oz grain eq) Corn 1/2 cup mix 1/2 cup Salad	* Breakfast for Lunch * Egg, Cheese, Turkey Frittata (2 meat eq) Dinner roll 1.5 oz. Baked Beans 1/2 cup Romaine 1/2 cup	Chicken Patty (2 oz meat eq/1 oz grain) Whole Wheat Bun (2.0 oz eq) Baby Carrot 3/4 cup	Hot Dogs 2 oz. WW Bun 2 oz Broccoli 1/2 cup Salad Mix 1/2 cup	

Breakfast: \$2.25, reduced price is .30 cents * Lunch: \$3.50, reduced price .40 cents Breakfast and Lunch Menu Served w/ 8 oz Milk & 1/2 cup Fruit

	Mon	Tue	Wed	Thu	Fri
Breakfast					1
					100% Fruit Juice 1/2 cup WGR Apple Cinnamon Muffin 2 oz Margarine
Lunch					2 Pizza Cheese Sticks (2 oz meat eq & 4 oz grain eq) Marinara Sauce 1/4 cup Cucumber Slices 1/2 cup
	4	5	6	7	8
Breakfast	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Cheese Sticks 1 oz	100% Fruit Juice 1/2 cup WGR Blueberry Muffin 2 oz Margarine	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Graham Crackers 2 pks	100% Fruit Juice 1/2 cup Nutrigrain Bar 1.55 oz Yogurt 4 oz	100% Fruit Juice 1/2 cup WGR Apple Cinnamon Muffin 2 oz Margarine
Lunch	Spaghetti w/3 Meat Balls (1.5 oz meat eq) (1/4 cup sauce, 1/4 cup WWpasta) WW Dinner Roll (1.5 eq) Fruitables Drink Box (1/2 cup veg eq)	Corn Dogs (2 oz meat eq and 2 oz grain eq) Broccoli w/ cheese sauce 3/4 cup Salad Mix 1/2 cup	Italian Combo Wrap (Turkey ham, Turkey Pepperoni, Turkey Salami) (2 oz meat eq and 1 oz grain eq) Baby Carrots 3/4 cup	Whole Grain Burrito (2 oz meat eq and 2 oz grain eq) Refried Beans 1/2 cup Mix Sour Cream	Chicken Patty (2 oz meat eq/1 oz grain) Whole Wheat Bun (2.0 oz eq) Corn 1/2 cup Romaine 1/2 cup
Breakfast	11	12	13	14	15
	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Cheese Sticks 1 oz	100% Fruit Juice 1/2 cup WGR Chocolate Muffin 2 oz Margarine	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Graham Crackers 2 pks	100% Fruit Juice 1/2 cup Nutrigrain Bar 1.55 oz Yogurt 4 oz	100% Fruit Juice 1/2 cup WGR Apple Cinnamon Muffin 2 oz Margarine
Lunch	Meatball Sub (3 =1.50oz eq) WW Bun (2.0 eq) Tater Tots 1/2 cup Salad Mix 1/2 Cup	Chicken Nuggets (2 oz meat eq and 1 oz grain eq) Broccoli w/ cheese sauce 3/4 cup BBQ Sauce	Cheeseburger 3 oz. Whole Wheat Bun (2.0 oz eq) Baby Carrots 1/2 cup Salad Mix 1/2 cup	Chicken Strips (2 oz meat eq) Dinner Roll 1.5 oz Black beans 1/2 cup Salad Mix 1/2 c eq	Beef Ravioli (2 meat & 3/8 veg) Dinner roll 1.5 oz Cucumbers 1/2 cup Mix 1/2 cup
Breakfast	18	19	20	21	22
	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Cheese Sticks 1 oz	100% Fruit Juice 1/2 cup WGR Blueberry Muffin 2 oz Margarine	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Graham Crackers 2 pks	100% Fruit Juice 1/2 cup Nutrigrain Bar 1.55 oz Yogurt 4 oz	100% Fruit Juice 1/2 cup WGR Apple Cinnamon Muffin 2 oz Margarine
Lunch	NO SCHOOL	* Breakfast for Lunch * Egg, Cheese, Turkey Frittata (2 meat eq) Dinner roll 1.5 oz. Baked Beans 1/2 cup Romaine 1/2 cup	Chicken Patty (2 oz meat eq/1 oz grain) Whole Wheat Bun (2.0 oz eq) Baby Carrot 3/4 cup	Hot Dogs 2 oz. WW Bun 2 oz Whole Wheat Bun (2.0 oz eq) Salad Mix 1/2 cup	Calzone (2 oz meat eq and 2 oz grain eq) Corn 1/2 cup Salad mix 1/2 cup
Breakfast	25	26	27	28	
	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Cheese Sticks 1 oz	100% Fruit Juice 1/2 cup WGR Chocolate Muffin 2 oz Margarine	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Graham Crackers 2 pks	100% Fruit Juice 1/2 cup Nutrigrain Bar 1.55 oz Yogurt 4 oz	
Lunch	Whole Grain Burrito (2 oz meat eq and 2 oz grain eq) Refried Beans 1/2 cup Salad Mix Sour Cream	Corn Dogs (2 oz meat eq and 2 oz grain eq) Broccoli w/ cheese sauce 3/4 cup Salad Mix 1/2 cup	Italian Combo Wrap (Turkey ham, Turkey Pepperoni, Turkey Salami) (2 oz meat eq and 1 oz grain eq) Baby Carrots 3/4 cup	Ziti w/3 Meat Balls (1.5 oz meat eq) (1/4 cup sauce, 1/4 cup WWpasta) WW Dinner Roll (1.5 eq) Fruitables Drink Box (1/2 cup veg eq)	

Breakfast: \$2.25, reduced price is .30 cents * Lunch: \$3.50, reduced price .40 cents Breakfast and Lunch Menu Served w/ 8 oz Milk & 1/2 cup Fruit

	Mon	Tue	Wed	Thu	Fri
Breakfast					1 100% Fruit Juice 1/2 cup WGR Apple Cinnamon Muffin 2 oz Margarine
					Chicken Patty (2 oz meat eq/1 oz grain) Whole Wheat Bun (2.0 oz eq) Corn 1/2 cup Romaine 1/2 cup
Lunch					
Breakfast	4 100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Cheese Sticks 1 oz	5 100% Fruit Juice 1/2 cup WGR Blueberry Muffin 2 oz Margarine	6 100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Graham Crackers 2 pks	7 100% Fruit Juice 1/2 cup Nutrigrain Bar 1.55 oz Yogurt 4 oz	8 100% Fruit Juice 1/2 cup WGR Apple Cinnamon Muffin 2 oz Margarine
	Meatball Sub (3 =1.50oz eq) WW Bun (2.0 eq) Tater Tots 1/2 cup Salad Mix 1/2 Cup	Chicken Nuggets (2 oz meat eq and 1 oz grain eq) Broccoli w/ cheese sauce 3/4 cup BBQ Sauce	Cheeseburger 3 oz. Whole Wheat Bun (2.0 oz eq) Baby Carrots 1/2 cup Salad Mix 1/2 cup	Chicken Strips (2 oz meat eq) Dinner Roll 1.5 oz Black beans 1/2 cup Salad Mix 1/2 c eq	Beef Ravioli (2 meat & 3/8 veg) Dinner roll 1.5 oz Cucumbers 1/2 cup Salad Mix 1/2 cup
Breakfast	11	12	13	14	15
	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
Lunch					
Breakfast	18 100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Cheese Sticks 1 oz	19 100% Fruit Juice 1/2 cup WGR Blueberry Muffin 2 oz Margarine	20 100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Graham Crackers 2 pks	21 100% Fruit Juice 1/2 cup Nutrigrain Bar 1.55 oz Yogurt 4 oz	22 100% Fruit Juice 1/2 cup WGR Apple Cinnamon Muffin 2 oz Margarine
	Whole Grain Burrito (2 oz meat eq and 2 oz grain eq) Refried Beans 1/2 cup Mix Sour Cream Salad	Corn Dogs (2 oz meat eq and 2 oz grain eq) Broccoli w/ cheese sauce 3/4 cup Salad Mix 1/2 cup	Italian Combo Wrap (Turkey ham, Turkey Pepperoni, Turkey Salami) (2 oz meat eq and 1 oz grain eq) Baby Carrots 3/4 cup	Ziti w/3 Meat Balls (1.5 oz meat eq) (1/4 cup sauce, 1/4 cup WWpasta) WW Dinner Roll (1.5 eq) Fruitables Drink Box (1/2 cup veg eq)	Chicken Patty (2 oz meat eq/1 oz grain) Whole Wheat Bun (2.0 oz eq) Corn 1/2 cup Romaine 1/2 cup
Breakfast	25 100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Cheese Sticks 1 oz	26 100% Fruit Juice 1/2 cup WGR Chocolate Muffin 2 oz Margarine	27 100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Graham Crackers 2 pks	28 100% Fruit Juice 1/2 cup Nutrigrain Bar 1.55 oz Yogurt 4 oz	29 100% Fruit Juice 1/2 cup WGR Apple Cinnamon Muffin 2 oz Margarine
	Meatball Sub (3 =1.50oz eq) WW Bun (2.0 eq) Tater Tots 1/2 cup Salad Mix 1/2 Cup	Chicken Nuggets (2 oz meat eq and 1 oz grain eq) Broccoli w/ cheese sauce 3/4 cup BBQ Sauce	Cheeseburger 3 oz. Whole Wheat Bun (2.0 oz eq) Baby Carrots 1/2 cup Salad Mix 1/2 cup	Chicken Strips (2 oz meat eq) Dinner Roll 1.5 oz Black beans 1/2 cup Salad Mix 1/2 c eq	Beef Ravioli (2 meat & 3/8 veg) Dinner roll 1.5 oz Cucumbers 1/2 cup Salad Mix 1/2 cup
Lunch					

Breakfast: \$2.25, reduced price is .30 cents * Lunch: \$3.50, reduced price .40 cents Breakfast and Lunch Menu Served w/ 8 oz Milk & 1/2 cup Fruit

	Mon	Tue	Wed	Thu	Fri
Breakfast	1 100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Cheese Sticks 1 oz	2 100% Fruit Juice 1/2 cup WGR Blueberry Muffin 2 oz Margarine	3 100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Graham Crackers 2 pks	4 100% Fruit Juice 1/2 cup Nutrigrain Bar 1.55 oz Yogurt 4 oz	5 100% Fruit Juice 1/2 cup WGR Apple Cinnamon Muffin 2 oz Margarine
	Calzone (2 oz meat eq and 2 oz grain eq) Corn 1/2 cup Salad mix 1/2 cup	* Breakfast for Lunch * Egg, Cheese, Turkey Frittata (2 meat eq) Dinner roll 1.5 oz. Baked Beans 1/2 cup Romaine 1/2 cup	Chicken Patty (2 oz meat eq/1 oz grain) Whole Wheat Bun (2.0 oz eq) Baby Carrot 3/4 cup	Hot Dogs 2 oz. WW Bun 2 oz Broccoli 1/2 cup Salad Mix 1/2 cup	2 Pizza Cheese Sticks (2 oz meat eq & 4 oz grain eq) Marinara Sauce 1/4 cup Cucumber Slices 1/2 cup
Breakfast	8 100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Cheese Sticks 1 oz	9 100% Fruit Juice 1/2 cup WGR Chocolate Muffin 2 oz Margarine	10 100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Graham Crackers 2 pks	11 100% Fruit Juice 1/2 cup Nutrigrain Bar 1.55 oz Yogurt 4 oz	12 100% Fruit Juice 1/2 cup WGR Apple Cinnamon Muffin 2 oz Margarine
	Whole Grain Burrito (2 oz meat eq and 2 oz grain eq) Refried Beans 1/2 cup Salad Mix Sour Cream	Corn Dogs (2 oz meat eq and 2 oz grain eq) Broccoli w/ cheese sauce 3/4 cup Salad Mix 1/2 cup	Italian Combo Wrap (Turkey ham, Turkey Pepperoni, Turkey Salami) (2 oz meat eq and 1 oz grain eq) Baby Carrots 3/4 cup	Ziti w/3 Meat Balls (1.5 oz meat eq) (1/4 cup sauce, 1/4 cup WWpasta) WW Dinner Roll (1.5 eq) Fruitables Drink Box (1/2 cup veg eq)	Chicken Patty (2 oz meat eq/1 oz grain) Whole Wheat Bun (2.0 oz eq) Corn 1/2 cup Romaine 1/2 cup
Breakfast	15 100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Cheese Sticks 1 oz	16 100% Fruit Juice 1/2 cup WGR Blueberry Muffin 2 oz Margarine	17 100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Graham Crackers 2 pks	18 100% Fruit Juice 1/2 cup Nutrigrain Bar 1.55 oz Yogurt 4 oz	19 NO SCHOOL
	Meatball Sub (3 =1.50oz eq) WW Bun (2.0 eq) Tater Tots 1/2 cup Salad Mix 1/2 Cup	Chicken Nuggets (2 oz meat eq and 1 oz grain eq) Broccoli w/ cheese sauce 3/4 cup BBQ Sauce	Cheeseburger 3 oz. Whole Wheat Bun (2.0 oz eq) Baby Carrots 1/2 cup Salad Mix 1/2 cup	Chicken Strips (2 oz meat eq) Dinner Roll 1.5 oz Black beans 1/2 cup Salad Mix 1/2 c eq	
Breakfast	22 100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Cheese Sticks 1 oz	23 100% Fruit Juice 1/2 cup WGR Chocolate Muffin 2 oz Margarine	24 100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Graham Crackers 2 pks	25 100% Fruit Juice 1/2 cup Nutrigrain Bar 1.55 oz Yogurt 4 oz	26 100% Fruit Juice 1/2 cup WGR Apple Cinnamon Muffin 2 oz Margarine
	NO SCHOOL	* Breakfast for Lunch * Egg, Cheese, Turkey Frittata (2 meat eq) Dinner roll 1.5 oz. Baked Beans 1/2 cup Romaine 1/2 cup	Chicken Patty (2 oz meat eq/1 oz grain) Whole Wheat Bun (2.0 oz eq) Baby Carrot 3/4 cup	Hot Dogs 2 oz. WW Bun 2 oz Broccoli 1/2 cup Salad Mix 1/2 cup	Calzone (2 oz meat eq and 2 oz grain eq) Corn 1/2 cup Salad mix 1/2 cup
Breakfast	29 100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Cheese Sticks 1 oz	30 100% Fruit Juice 1/2 cup WGR Blueberry Muffin 2 oz Margarine			
	Whole Grain Burrito (2 oz meat eq and 2 oz grain eq) Refried Beans 1/2 cup Salad Mix Sour Cream	Corn Dogs (2 oz meat eq and 2 oz grain eq) Broccoli w/ cheese sauce 3/4 cup Salad Mix 1/2 cup			

Breakfast: \$2.25, reduced price is .30 cents * Lunch: \$3.50, reduced price .40 cents Breakfast and Lunch Menu Served w/ 8 oz Milk & 1/2 cup Fruit

	Mon	Tue	Wed	Thu	Fri
Breakfast			1	2	3
			100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Graham Crackers 2 pks	100% Fruit Juice 1/2 cup Nutrigrain Bar 1.55 oz Yogurt 4 oz	100% Fruit Juice 1/2 cup WGR Apple Cinnamon Muffin 2 oz Margarine
Lunch			Italian Combo Wrap (Turkey ham, Turkey Pepperoni, Turkey Salami) (2 oz meat eq and 1 oz grain eq) Baby Carrots 3/4 cup	Ziti w/3 Meat Balls (1.5 oz meat eq) (1/4 cup sauce, 1/4 cup WWpasta) WW Dinner Roll (1.5 eq) Fruitables Drink Box (1/2 cup veg eq)	Chicken Patty (2 oz meat eq/1 oz grain) Whole Wheat Bun (2.0 oz eq) Corn 1/2 cup Romaine 1/2 cup
	6	7	8	9	10
Breakfast	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Cheese Sticks 1 oz	100% Fruit Juice 1/2 cup WGR Chocolate Muffin 2 oz Margarine	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Graham Crackers 2 pks	100% Fruit Juice 1/2 cup Nutrigrain Bar 1.55 oz Yogurt 4 oz	100% Fruit Juice 1/2 cup WGR Apple Cinnamon Muffin 2 oz Margarine
	Meatball Sub (3 =1.50oz eq) WW Bun (2.0 eq) Tater Tots 1/2 cup Salad Mix 1/2 Cup	Chicken Nuggets (2 oz meat eq and 1 oz grain eq) Broccoli w/ cheese sauce 3/4 cup BBQ Sauce	Cheeseburger 3 oz. Whole Wheat Bun (2.0 oz eq) Baby Carrots 1/2 cup Salad Mix 1/2 cup	Chicken Strips (2 oz meat eq) Dinner Roll 1.5 oz Black beans 1/2 cup Salad Mix 1/2 c eq	Beef Ravioli (2 meat & 3/8 veg) Dinner roll 1.5 oz Cucumbers 1/2 cup Salad Mix 1/2 cup
Breakfast	13	14	15	16	17
	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Cheese Sticks 1 oz	100% Fruit Juice 1/2 cup WGR Blueberry Muffin 2 oz Margarine	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Graham Crackers 2 pks	100% Fruit Juice 1/2 cup Nutrigrain Bar 1.55 oz Yogurt 4 oz	100% Fruit Juice 1/2 cup WGR Apple Cinnamon Muffin 2 oz Margarine
Lunch	Calzone (2 oz meat eq and 2 oz grain eq) Corn 1/2 cup Salad mix 1/2 cup	* Breakfast for Lunch * Egg, Cheese, Turkey Frittata (2 meat eq) Dinner roll 1.5 oz. Baked Beans 1/2 cup Romaine 1/2 cup	Chicken Patty (2 oz meat eq/1 oz grain) Whole Wheat Bun (2.0 oz eq) Baby Carrot 3/4 cup	Hot Dogs 2 oz. WW Bun 2 oz Broccoli 1/2 cup Salad Mix 1/2 cup	2 Pizza Cheese Sticks (2 oz meat eq & 4 oz grain eq) Marinara Sauce 1/4 cup Cucumber Slices 1/2 cup
	20	21	22	23	24
Breakfast	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Cheese Sticks 1 oz	100% Fruit Juice 1/2 cup WGR Chocolate Muffin 2 oz Margarine	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Graham Crackers 2 pks	100% Fruit Juice 1/2 cup Nutrigrain Bar 1.55 oz Yogurt 4 oz	100% Fruit Juice 1/2 cup WGR Apple Cinnamon Muffin 2 oz Margarine
	Whole Grain Burrito (2 oz meat eq and 2 oz grain eq) Refried Beans 1/2 cup Salad Mix Sour Cream	Corn Dogs (2 oz meat eq and 2 oz grain eq) Broccoli w/ cheese sauce 3/4 cup Salad Mix 1/2 cup	Italian Combo Wrap (Turkey ham, Turkey Pepperoni, Turkey Salami) (2 oz meat eq and 1 oz grain eq) Baby Carrots 3/4 cup	Ziti w/3 Meat Balls (1.5 oz meat eq) (1/4 cup sauce, 1/4 cup WWpasta) WW Dinner Roll (1.5 eq) Fruitables Drink Box (1/2 cup veg eq)	Chicken Patty (2 oz meat eq/1 oz grain) Whole Wheat Bun (2.0 oz eq) Corn 1/2 cup Romaine 1/2 cup
Breakfast	27	28	29	30	
		100% Fruit Juice 1/2 cup WGR Blueberry Muffin 2 oz Margarine	100% Fruit Juice 1/2 cup Enriched Cold Cereal 1 cup Graham Crackers 2 pks	100% Fruit Juice 1/2 cup Nutrigrain Bar 1.55 oz Yogurt 4 oz	
Lunch	NO SCHOOL	Chicken Nuggets (2 oz meat eq and 1 oz grain eq) Broccoli w/ cheese sauce 3/4 cup BBQ Sauce	Cheeseburger 3 oz. Whole Wheat Bun (2.0 oz eq) Baby Carrots 1/2 cup Salad Mix 1/2 cup	Chicken Strips (2 oz meat eq) Dinner Roll 1.5 oz Black beans 1/2 cup Salad Mix 1/2 c eq	