



BREAKFAST MENU

Hard Boiled Egg Whole Grain English Muffin Orange Slices Milk 01	Bagel Turkey Bacon Apple Slices Milk 02	Whole Grain English Muffin w/Egg Pineapple Tidbit Milk 03	Oatmeal Peaches Milk 04	Special K Banana Milk 05
Cream of Wheat Whole Grain(WG) Apple Slices Milk 06	Grits / Cheese Peaches Milk 07	Whole Grain Waffles(wg) Strawberries Milk 08	Berry Berry Kix Banana Milk 10	Whole Grain Wheaties (WG) Pears Milk 11
Whole Grain Pancakes w/ Syrup Applesauce Milk 12	Rice Chex Cereal Apple Slices Milk 13	Whole Grain Blueberry Muffin Pears Milk 14	Cinnamon Raisin Bagel w/cream cheese Fruit Cocktail Milk 15	Whole Wheat Toast w/ Peanut Butter Banana Milk 16
Scrambled Eggs White Toast Banana Milk 17	Special K Fruit Cocktail Milk 18	Frosted Mini Wheats Mandarin Oranges Milk 20	Whole Grain French Toast w/ Syrup (WG) Pineapple Milk 21	Kix Cereal Mixed Fruit Milk 22
Scrambled Eggs Whole Wheat Toast Orange Slices Milk 23	Rice Krispies Banana Milk 24	Multi-grain Cheerios Berries Milk 25	Grits Banana Milk 26	Scrambled Eggs Croissants Strawberries Milk 27



BREAKFAST MENU (Cont'd)

Cheerios Applesauce Milk 28	Whole Grain Pancakes(WG) Grapes Milk 30	Grits Blueberries Milk 31	Total Whole Grain Cereal (WG) Banana Milk 32	Oatmeal Pineapple Chunks Milk 33
Hard Boiled Egg Whole Wheat Toast Fruit in Season Milk 34	Cheese Toast Applesauce Milk 35	Whole Grain Honey Bunches of Oats Cereal Banana Milk 36	Grits Strawberries Milk 37	Chex Cereal Apple Slices Milk. 38
Cream of Wheat Whole Grain(WG) Apple Slices Milk 40	Whole Grain English Muffin w/ Jelly(WG) Fruit Cocktail Milk 41	Hard Boiled Egg English Muffin Orange Slices Milk 42	Multi Grain Cheerios Blueberries Milk 43	Bagel w/ Peanut Butter Banana Milk 44
Whole Grain Wheaties(WG) Peaches Milk 45	Whole Wheat Toast w/ Peanut Butter Applesauce Milk 46	Rice Krispies Banana Milk 47	Turkey Bacon Whole Grain English Muffin(WG) Pears Milk 48	Corn Flakes Oranges Milk 50
Biscuits w/ Jelly Fruit Cocktail Milk 51	Whole Grain Waffles Apple Milk 52	Whole Wheat Bagel w/cream cheese Banana Milk 53	Eggs w/ Wheat Toast Hash Browns Milk 54	Whole Grain French Toast Orange Slices Milk 55



LUNCH / DINNER MENU

BBQ Chicken Brown Rice Green Beans Pear Milk 101	Baked Chicken Corn Bread Sweet Potato Apple Slices Milk 102	Cheeseburger on Whole Wheat Bun Baked Sweet Potato Fries Pineapple Chunks Milk 103	Tuna on Whole Wheat Bread Carrot Sticks Pears Milk 104	Turkey / Gravy Peas Peaches Whole Wheat Roll Milk 105
Veggie Burger w/ Lettuce, Tomato, Pickle Tater Tots Fruit Cocktail Whole Wheat Bun Milk 106	Whole Grain Noodles (WG) w/Meat Sauce Tossed Salad Pears Milk 107	Chicken Nuggets (CN Label) Whole Grain Roll(WG) Mash Potatoes Fruit Cocktail Milk 108	Baked Pork Chops Baked Sweet Potato Peas Dinner Roll Milk 110	Breaded Chicken Patty Brown Rice Peas & Carrots Mandarin Oranges Milk 111
Fish Sticks (CN Label) Whole Grain Roll(WG) Corn Fruit Cocktail Milk 112	Sliced Ham Whole Wheat Bread Broccoli Pineapple Milk 113	Breaded Fish (CN Label) Whole Wheat Bun Mixed Vegetable Applesauce Milk 114	Egg Salad on Whole Wheat Bread Cucumber & Celery Sliced Pineapple Milk 115	Hot Meatball Sub on Whole Grain Bun(WG) Steamed Carrots Apple Slices Milk 116
Macaroni & Cheese w/ Ham Whole Wheat Bread Green Beans Pears Milk 117	Beef Sloppy Joe's Whole Grain Bun(WG) Carrots Applesauce Milk 118	Black Beans Brown Rice Mixed Vegetables Mango Milk 119	TACOS (Turkey, Chicken or Beef) Shredded cheese lettuce, diced tomato, mild salsa Mexican Corn Seasonal Fruit Soft Whole Grain Tortilla Milk 120	Hamburger Patty on Whole Wheat Bun Baked Beans Cantaloupe Milk 121

Mango



LUNCH / DINNER MENU (Cont'd)

Baked Chicken Biscuits Corn Fruit Cup Milk <div style="text-align: right;">122</div>	Baked Ham Whole Wheat Bread Green Beans Black-eyed Peas Milk <div style="text-align: right;">123</div>	Ground Beef/gravy Whole Grain Noodles Green Peas Peaches Milk <div style="text-align: right;">124</div>	Fish Sticks (CN Label) Buttered Noodles Peas & Carrots Broccoli Milk <div style="text-align: right;">125</div>	Tuna Salad on Whole Wheat Pita Carrots Sliced Apples Milk <div style="text-align: right;">126</div>
Meatloaf Wheat Bread Mash Potatoes Apple Slices Milk <div style="text-align: right;">127</div>	Homemade Meat Lasagna Whole Wheat Bread Garden Salad Applesauce Milk <div style="text-align: right;">128</div>	Grilled Cheese Sandwich on Whole Wheat Bread Carrots & Celery Sticks Orange Slices Milk <div style="text-align: right;">130</div>	Black-eyed Peas Brown Rice Broccoli Pears Milk <div style="text-align: right;">131</div>	Grilled Chicken Whole Wheat Roll Squash Cooked Carrots Milk <div style="text-align: right;">132</div>
Breaded Fish (CN Label) Brown Rice Peas Orange Slice Milk <div style="text-align: right;">133</div>	Turkey/gravy Whole Wheat Roll Sweet Potatoes Peaches Milk <div style="text-align: right;">134</div>	Chicken Salad Whole Wheat Bread Celery & Carrot Sticks Orange Wedges Milk <div style="text-align: right;">135</div>	Turkey & Cheese Sandwich Whole Grain Bread(WG) <i>(mayo/mustard)</i> Green Beans Banana Milk <div style="text-align: right;">136</div>	Chick Peas Quinoa Kiwi Carrots Milk <div style="text-align: right;">137</div>
Beef Bar B-Q Whole Wheat Bun Mixed Vegetables Pears Milk <div style="text-align: right;">138</div>	Breaded Chicken Patty Mashed Potatoes Broccoli Whole Grain Roll(WG) Milk <div style="text-align: right;">140</div>	Barbecue Pork Whole Wheat Roll Cole Slaw Baked Beans Milk <div style="text-align: right;">141</div>	Chicken Stir Fry Brown Rice Carrots Pineapple Chunks Milk <div style="text-align: right;">142</div>	Chicken and Broccoli Alfredo Green Beans Fruit Cocktail Whole Grain Spaghetti Noodles(WG) <div style="text-align: right;">143</div>



LUNCH / DINNER MENU (Cont'd)

Pot Roast/Gravy Mashed Potatoes Mixed Vegetables Whole Grain Roll(WG) Milk 144	Picadillo Brown Rice Plantains Orange Wedges Milk 145	Cheeseburger w/ Whole Wheat Bun Baked Beans Fruit Cocktail Milk 146	Chicken Brown Rice Cooked Carrots Pears Milk 147	Fish Sticks (CN Label) Tater Tots Green Beans Fruit Cocktail Whole Wheat Roll Milk 148
Chicken Strips Sweet Potatoes Sweet Peas Whole Wheat Bread Milk 150	Meatballs Brown Rice Tossed Salad Apple Sauce Milk 151	Baked Chicken Rice & Beans Plantains Applesauce Milk 152	Black Eyed Peas Macaroni & Cheese Whole Wheat Roll Broccoli Pineapple Tidbits Milk 153	Hamburger on Whole Wheat Bun French Fries Watermelon Milk 154
Stewed Chicken Yellow Rice Peas Fruit Cocktail Milk 155	Ground Beef w/ Curly Noodles Tomato Sauce Carrots Peaches Milk 156	Baked Chicken Whole Wheat Roll Peas & Carrots Peaches Milk 157	Homemade Beef Stew w/ Vegetables (Carrots) Whole Wheat Roll Apples Milk 158	Beef and Bean Burrito Tossed Salad (low fat dressing) Orange Wedges Burrito (Soft Tortilla) Milk 160
Black Beans Brown Rice Mixed Vegetables Mangos Milk 161	Roast Beef Brown Rice Cauliflower Peaches Milk 162	Ground Beef Tacos Corn Tortillas Spinach Oranges Milk 163		



AM/PM SNACK MENU

Whole Grain English Muffin(WG) Applesauce <div style="text-align: right;">201</div>	Peanut Butter Banana Whole Wheat Bread <div style="text-align: right;">202</div>	Tuna Salad on Whole Grain Pita Bread(WG) Milk <div style="text-align: right;">203</div>	Yogurt Apple Slices <div style="text-align: right;">204</div>	Peanut Butter Savory Snack Crackers Milk <div style="text-align: right;">205</div>
Whole Wheat Crackers Pears <div style="text-align: right;">206</div>	Pineapple Chunks Saltine Crackers <div style="text-align: right;">207</div>	Wheat Crackers Apple slices <div style="text-align: right;">208</div>	Hard Boiled Egg Saltine Crackers <div style="text-align: right;">210</div>	American Cheese Savory Snack Crackers Orange Juice <div style="text-align: right;">211</div>
Soft Whole Grain Tortilla (WG) Mozzarella Cheese Slice <div style="text-align: right;">212</div>	Celery and Carrot Sticks Crackers <div style="text-align: right;">213</div>	Soy nut Butter Whole Wheat Bread (jelly) <div style="text-align: right;">214</div>	Whole Grain Muffin(WG) Applesauce <div style="text-align: right;">215</div>	String Cheese Soft Whole Grain Tortilla (WG) <div style="text-align: right;">216</div>
Cucumber/Celery Slices w/ Low fat dressing String Cheese <div style="text-align: right;">217</div>	Cheese Sandwich Whole Grain Pita Bread(WG) <div style="text-align: right;">218</div>	Wheat Tortilla Chips Mixed Fruit <div style="text-align: right;">220</div>	Plain Pretzels Applesauce <div style="text-align: right;">221</div>	Graham Crackers (Plain) Peaches <div style="text-align: right;">222</div>
Assorted Whole Grain Crackers(WG) 100% Juice <div style="text-align: right;">223</div>	Muffin Apple Slices <div style="text-align: right;">224</div>	Peanut Butter /Jelly Sandwich on Whole Wheat Bread Milk <div style="text-align: right;">225</div>	Flavored Yogurt Graham Crackers (Plain) <div style="text-align: right;">226</div>	Hummus Celery Sticks <div style="text-align: right;">227</div>



AM/PM SNACK MENU

Peanut Butter Savory Snack Crackers Milk 228	Mandarin Orange Slices Whole Wheat Crackers 230	Graham Crackers 100% Apple Juice 231	Whole Grain Fish Shaped Crackers(WG) Applesauce 232	Carrot and Celery Sticks Savory Snack Crackers 233
English Muffin Fruit in Season 234	Yogurt Animal Crackers 235	Soy nut Butter Celery Sticks & Raisin Milk 236	Whole Wheat Crackers and Cheese Pineapple Chunks 237	Banana Bread Milk 238
Cottage Cheese Peaches 240	Animal Crackers Watermelon Milk 241	Savory Snack Crackers Cheddar Cheese Cubes Melon 242	Peanut Butter on Whole Wheat Bagel Milk 243	Rice Cakes / Peanut Butter Mixed Fruit 244
String Cheese Savory Snack Crackers 100% Juice 245	Whole Grain Pita Bread(WG) w/ Peanut Butter Bananas 246	Grapefruit/Orange Sections Cheese Crackers 247	Yogurt Pineapple Tidbits 248	Saltine Crackers Popsicles (100% Juice) 250
English Muffin w/ Cheese Pears 251	Plain Muffin Milk 252	Celery Sticks w/ Peanut Butter 253	Whole Grain Blueberry Muffin (wg) Milk 254	Whole Grain Peanut Butter Crackers(WG) Milk 255
Corn Tortilla Chips w/Salsa Apple Juice 256	Whole Wheat Crackers 100% Juice 257	Apple Slices Savory Snack Crackers w/ Peanut Butter 258	Cantaloupe Graham Crackers (Plain) 260	Turkey Sliced 100% Juice 261