


MON	TUE	WED	THU	FRI
	1	2	3	4
	B- Cheesy Omelet, WG Toast, Diced Peaches, Milk L- WG Popcorn Chicken, Seasoned Rice, Peas, Carrots, Milk, WG Roll S- Apples and Grapes, Cheese Sticks	B- WG Cereal, Plums, Milk L- WG SpaghettiOs, WG Cheesy Breadstick, Sliced Kiwis, Lettuce and Tomato, Milk S- Cinnamon Crackers, Watermelon	B- WG French Toast Sticks, Bananas, Milk L- Fish Sticks, Sweet Potato Fries, Dragon Tropical Fruit, WG Roll, Milk S- Red, White, and Blue Celebration - Mixed Berries, WG Cereal	 B- WG Cereal, Diced Pears, Milk L- Chicken Sandwich, Hashbrown, Peas and Corn, Milk S- Turkey & Cheese Rollup
7	8	9	10	11
B- WG Cereal, Tropical Fruit, Milk L- Chicken Fried Steak, Mashed Potatoes, Green Beans, WG Roll, Milk S- Avocado Toast, Fruit Bar	B- WG Bagel, Blueberries, Milk L- Tacos, Fiesta Corn, Black Beans, WG Tortilla, Milk S- Strawberry Yogurt Parfaits- Diced Strawberries, Yogurt, WG Granola	B- WG Cereal, Pineapple, Milk L- Breakfast Burritos, Sweet Potato Tots, Fruit Cocktail, Milk S- Hummus and Pita Chips, Milk	B- WG Toast, Applesauce Milk L- Chicken Parmesan, Mixed Veggies, Pineapple, WG Breadstick, Milk S- WG Bread Loaf, Cheese Stick	B- WG Cereal, Diced Pears, Milk L- Chicken Sandwich, Hashbrown, Peas and Corn, Milk S- Turkey & Cheese Rollup
14	15	16	17	18
B- WG Cereal, Mixed Berries, Milk L- Salisbury Steak, Green Beans, Mashed Potatoes, WG Roll, Milk S- Dried Cranberries, WG Goldfish Crackers	B- Breakfast Pizza, Fruit Cocktail, Milk L- Salsa Chicken, Black Beans, Papas Mashed Potatoes, WG Tortilla, Milk S- Apples and Grapes, Cheese Stick	B- WG Cereal, Melon Medley, Milk L- Fish Tacos, Coleslaw, Tator Tots, WG Tortilla, Milk S- Sliced Kiwis, Pretzel Crackers	B- French Toast Sticks, Fresh Plums, Milk L- WG Popcorn Chicken, Mac & Cheese, Mixed Veggies, Dragon Tropical Fruit, WG Breadstick, Milk S- Melon Medley, Yogurt	B- WG Cereal, Yogurt, Strawberries and Bananas, Milk L- Grilled Cheese Sandwich, Carrot & Celery Sticks, Diced Peaches, Milk S- Wheat Crackers, Cucumber Tomato Salad
21	22	23	24	25
B- WG Cereal, Diced Peaches, Milk L- WG Cheeseburger, Peas, Sweet Potato Barrels, Milk S- Graham Crackers, Apple Slices	B- WG Bagel, Applesauce, Milk L- Chicken Salad on a WG Bun, Corn, Carrot Coins, Milk S- Mixed Berry Smoothies, Cheese Roll Up	B- WG Cereal, Diced Pears, Milk L- Lasagna Roll Ups, Spinach, Cinnamon Applesauce, WG Breadstick, Milk S- Avocado Toast, Milk	B- Breakfast Burritos, Hashbrowns, Milk L- Steak Fingers, Mixed Vegetables, Mixed Berries, Milk, WG Roll S- Turkey & Cheese Pinwheels, Dried Cranberries	B- WG Cereal, Fruit Cocktail, Milk L- Turkey & Cheese Hoagie, Sweet Potato Barrels, Tropical Fruit, Milk S- Ritz w/ Cheese Crackers, Sliced Pears
28	29	30	31	
B- WG Cereal, Pineapple, Milk L- BBQ Chicken Tenders, Mashed Potatoes, Corn, WG Roll, Milk S- Fruit Cup, Goldfish Crackers	B- Cheesy Omelet, WG Toast, Diced Peaches, Milk L- Pepperoni Calzone, Diced Pineapple, Carrots, Milk S- Clementines, Cheese Roll-up	B- WG Cereal, Fresh Pears, Milk L- Bean and Cheese Burritos, Spinach, Diced Apples, Milk S- Melon Medley, Soft Pretzel Bites with Cheese	B- WG Waffles, Bananas, Milk L- Breakfast Pizza, Hashbrowns, Fruit Cocktail, Milk S- Watermelon, Graham Crackers	
Some foods may be substituted for toddlers *WG-Whole Grain Food Experience *Red, White, and Blue Celebration USDA is an equal opportunity provider				