

FALL WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast GRAIN AND/OR PROTEIN FRUIT MILK	<u>Grain:</u> cereal <u>Fruit:</u> banana Milk (Whole OR 1%)	<u>Grain:</u> Waffle w/ SYRUP <u>Fruit:</u> Pineapple Milk (Whole OR 1%)	<u>Grain:</u> 100% Whole wheat toast* <u>Extra:</u> Scrambled EGGS <u>Fruit:</u> 100% Apple Juice Milk (Whole OR 1%)	<u>Grain:</u> Oatmeal* <u>Fruit:</u> Apples Milk (Whole OR 1%)	<u>Grain:</u> English Muffin w/ Jelly <u>Fruit:</u> Oranges Milk (Whole OR 1%)
Lunch GRAIN PROTEIN FRUIT VEGETABLE MILK	<u>Grain and Protein:</u> Goulash* <u>Vegetable:</u> Green Beans <u>Fruit:</u> Apples Milk (Whole OR 1%)	<u>Grain and Protein:</u> Grilled Cheese* <u>Vegetable:</u> Tomato Soup <u>Fruit:</u> Mixed Fruit <small>(Strawberries, Blueberries, Bananas)</small> Milk (Whole OR 1%)	<u>Protein:</u> ham <u>Grain:</u> Sweet Hawaiian Roll <u>Vegetable:</u> Sweet Potatoes <u>Fruit:</u> Pears Milk (Whole OR 1%)	<u>Grain and Protein:</u> Red Beans and Rice <u>Vegetable:</u> Broccoli <u>Fruit:</u> Peaches Milk (Whole OR 1%)	<u>Protein:</u> Pulled Pork <u>Grain:</u> 100% Whole Wheat Bun* <u>Vegetable:</u> Baked Beans <u>Fruit:</u> Grapes Milk (Whole OR 1%)
Snack 2 OF: FRUIT VEGETABLE GRAIN PROTEIN MILK	<u>Vegetable:</u> Carrots <u>Grain:</u> Oyster Crackers	<u>Vegetable:</u> Baked Fries Milk (Whole OR 1%)	<u>Grain:</u> Tortillas <u>Protein:</u> Cheese	<u>Grain:</u> Whole wheat Pumpkin Bread Milk (Whole OR 1%)	<u>Fruit:</u> Banana <u>Grain:</u> Graham Cracker

FALL WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast GRAIN AND/OR PROTEIN FRUIT MILK	<u>Grain:</u> french toast sticks <u>Fruit:</u> pears milk (whole OR 1%)	<u>Grain:</u> baked oatmeal* <u>Fruit:</u> apples milk (whole OR 1%)	<u>Grain:</u> 100% whole wheat toast <u>Extra:</u> scrambled eggs <u>Fruit:</u> 100% juice milk (whole OR 1%)	<u>Grain:</u> blueberry muffin <u>Fruit:</u> grapes milk (whole OR 1%)	<u>Grain:</u> cereal <u>Fruit:</u> banana milk (whole OR 1%)
Lunch GRAIN PROTEIN FRUIT VEGETABLE MILK	<u>Protein and Grain:</u> chicken and noodles <u>Vegetable:</u> mixed vegetables <u>Fruit:</u> applesauce milk (whole OR 1%)	<u>Protein:</u> cheese <u>Grain:</u> pizza <u>Vegetable:</u> carrots <u>Fruit:</u> pears milk (whole OR 1%)	<u>Protein:</u> teriyaki chicken <u>Grain:</u> fried rice <u>Vegetable:</u> peas and carrots <u>Fruit:</u> mandarin oranges milk (whole OR 1%)	<u>Protein:</u> meatloaf <u>Grain:</u> 100% whole wheat bread & butter <u>Vegetable:</u> mashed potatoes <u>Fruit:</u> melon milk (whole OR 1%)	<u>Protein:</u> gyro chicken <u>Grain:</u> pita <u>Vegetable:</u> cucumber and tomato <u>Fruit:</u> peaches milk (whole OR 1%)
snack 2 OF: FRUIT VEGETABLE GRAIN PROTEIN MILK	<u>Grain:</u> granola* <u>Protein:</u> yogurt	<u>Grain:</u> breadsticks and pizza sauce milk (whole OR 1%)	<u>Vegetable:</u> carrot chips & hummus milk (whole OR 1%)	<u>Grain:</u> goldfish milk (whole OR 1%)	<u>Protein:</u> cottage cheese <u>Grain:</u> triscuits*

FALL WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast GRAIN AND/OR PROTEIN FRUIT MILK	<u>Grain:</u> cornbread <u>Fruit:</u> pears milk (whole OR 1%)	<u>Grain:</u> cereal <u>Fruit:</u> banana milk (whole OR 1%)	<u>Grain:</u> 100% whole wheat toast* <u>extra:</u> sunbutter <u>Fruit:</u> oranges milk (whole OR 1%)	<u>Grain:</u> oatmeal* <u>Fruit:</u> apples milk (whole OR 1%)	<u>Grain:</u> 100% whole wheat pancake* <u>Fruit:</u> 100% juice milk (whole OR 1%)
Lunch GRAIN PROTEIN FRUIT VEGETABLE MILK	<u>Protein:</u> fajita chicken <u>Grain:</u> tortilla <u>Vegetable:</u> fajita vegetables <u>Fruit:</u> peaches milk (whole OR 1%)	<u>Protein:</u> pork loin <u>Grain:</u> mac & cheese <u>Vegetable:</u> green beans <u>Fruit:</u> fruit salad <small>(peaches, pineapple, kiwi, melon)</small> milk (whole OR 1%)	<u>Protein and Grain:</u> cheesy chicken & rice <u>Vegetable:</u> peas and carrots <u>Fruit:</u> mandarin oranges milk (whole OR 1%)	<u>Protein & Vegetable:</u> tater tot casserole <u>Grain:</u> 100% whole wheat bread & butter <u>Fruit:</u> applesauce milk (whole OR 1%)	<u>Protein:</u> fish sticks <u>Grain:</u> garlic bread <u>Vegetable:</u> mashed potatoes <u>Fruit:</u> pineapple milk (whole OR 1%)
snack 2 OF: FRUIT VEGETABLE GRAIN PROTEIN MILK	<u>Grain:</u> 100% whole wheat bread and jelly milk (whole OR 1%)	<u>Grain:</u> animal crackers <u>Fruit:</u> apples	<u>Vegetable:</u> cucumber slices and ranch <u>Grain:</u> Ritz crackers	<u>Grain:</u> applesauce bread milk (whole OR 1%)	<u>Grain</u> rice cakes milk

FALL WEEK 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast GRAIN AND/OR PROTEIN FRUIT MILK	<u>Grain:</u> bagel and cream cheese <u>Fruit:</u> grapes milk (whole OR 1%)	<u>Grain:</u> biscuits & gravy <u>Fruit:</u> pineapple milk (whole OR 1%)	<u>Grain:</u> waffles and syrup <u>Fruit:</u> oranges milk (whole OR 1%)	<u>Grain:</u> 100% whole wheat toast* <u>extra:</u> hardboiled eggs <u>Fruit:</u> 100% juice milk (whole OR 1%)	<u>Grain:</u> oatmeal* <u>Fruit:</u> apples milk (whole OR 1%)
Lunch GRAIN PROTEIN FRUIT VEGETABLE MILK	<u>Protein:</u> black and pinto beans <u>Grain:</u> spanish rice <u>Vegetable:</u> corn <u>Fruit:</u> peaches milk (whole OR 1%)	<u>Protein:</u> meatballs <u>Grain:</u> whole grain spaghetti noodles <u>Vegetable:</u> cauliflower <u>Fruit:</u> melons milk (whole OR 1%)	<u>Protein:</u> chicken nuggets & bbq <u>Grain:</u> buttered noodles <u>Vegetable:</u> peas <u>Fruit:</u> bananas milk (whole OR 1%)	<u>Protein:</u> italian chicken <u>Grain:</u> rice <u>Fruit:</u> applesauce <u>Vegetable:</u> broccoli milk (whole OR 1%)	<u>Protein:</u> chili (hamburger and cheese) <u>Vegetable:</u> chili beans <u>Grain:</u> crackers <u>Fruit:</u> pears milk (whole OR 1%)
snack 2 OF: FRUIT VEGETABLE GRAIN PROTEIN MILK	<u>Grain:</u> banana oatmeal bar* milk (whole OR 1%)	<u>Grain:</u> animal crackers <u>Fruit:</u> apples	<u>Grain:</u> banana bread milk (whole OR 1%)	<u>Fruit:</u> apples <u>Protein:</u> string cheese	<u>Grain:</u> cinnamon biscuits <u>Fruit:</u> fruit salad