



Mon	Tue	Wed	Thu	Fri
<p>14</p> <p>Breakfast 1/2 serving of fresh apples 1/2 serving whole wheat waffle with fruit spread, 3/4 cup Nonfat milk</p> <p>Lunch 1 1/2 oz. cooked lean chicken, 1/4 cup steamed broccoli & cauliflower, 1/4 cup of Mandarin Oranges in (natural juices) ,3/4 cup Nonfat milk</p> <p>Snack 1/2 serving of canned peaches in (natural juices) Jell-O, topped with 2 oz. Nonfat</p>	<p>15</p> <p>Breakfast 1/2 cup peach halves (natural juices) 1/4 cup of warm oatmeal ,3/4 cup nonfat milk</p> <p>Lunch 1 English muffin pizza with ham and 1 1/2 oz. mozzarella cheese and Tbsp. pizza sauce, 1/2 cup fresh melon, Tossed Green Salad with cherry tomatoes and celery, 3/4 cup nonfat milk</p> <p>Snack 1 Soft Pretzel and 1/2 cup of fresh red apples</p>	<p>16</p> <p>Breakfast 1/2 cup diced fresh watermelon 1/2 toasted whole grain English muffin with scrambled eggs; 3/4 cup nonfat milk</p> <p>Lunch 1 soft chicken taco 1 1/2 oz. chicken 1 Tbsp. shredded lettuce, 1 tbsp. diced tomato, 1 Tbsp. grated cheese and 1 Tbsp. salsa with a warm wheat tortilla 1/2 cup lightly steamed carrot sticks and Brussel sprouts 1/2 cup pineapple chunks 3/4 cup nonfat milk</p> <p>Snack 1/2 half cup-Banana Dolphins (Class Project) 1/2 cup nonfat milk</p>	<p>17</p> <p>Breakfast 1/2 cup orange slices 1/2 whole grain bagel with 1 tbsp. cream cheese 3/4 cup nonfat milk</p> <p>Lunch 1 1/2 oz. water packed tuna with 1 tsp light mayonnaise, whole wheat bread 1/4 cup lightly steamed carrots 1/4 cup fresh pineapple tidbits 3/4 cup nonfat milk</p> <p>Snack Spider Crackers (Class Project) 1/2 cup nonfat milk</p>	<p>18</p> <p>Breakfast 1/2 cup fresh banana slices 1/32 cup unsweetened cereal variety 3/4 cup nonfat milk</p> <p>Lunch 1 beef burrito 1/2 oz. cooked lean beef, 1/2 oz. pinto beans 1/2 oz. shredded Jack cheese with a warm wheat tortilla , 1/2 cup fresh orange slices, 1/2 cup of yellow corn , 3/4 cup nonfat milk</p> <p>Snack 1/2 cup fresh honey dew 1/2 oz. whole grain crackers (4 crackers)</p>
<p>21</p> <p>Breakfast 1/2 cup of fresh pineapple chunks 1/2 slice of French toast with 1 Tbsp. fruit spread, 3/4 cup nonfat milk</p> <p>Lunch 3/4 cup spaghetti and meat sauce 1 1/2 oz. Lean Ground Turkey, 1/2 cup Whole Wheat Pasta, 1/4 cup mixed green salad shredded carrots and tomatoes, 1 Tbsp. low-fat salad dressing ,1/2 cup fresh oranges sections , 3/4 cup nonfat milk</p> <p>Snack 2 oz. low-fat vanilla yogurt, 1/2 cup Peaches in (natural juices) with Jell-O</p>	<p>22</p> <p>Breakfast 1/2 cup of fresh strawberries 1/4 cup of Warm Oatmeal 3/4 cup nonfat milk</p> <p>Lunch 1 1/2 oz. Oven-Baked Parmesan Chicken 1/2 cup steamed broccoli and carrots 1/2 cup fresh apple slices 1/2 whole wheat bread 3/4 cup nonfat milk / Lactaid</p> <p>Snack 1/2 cup of fresh banana slices with Nabisco Nilla Wafers-5</p>	<p>23</p> <p>Breakfast 1/2 cup of fresh orange slices 1/2 slice whole wheat bagel and tsp cream cheese, 3/4 cup nonfat milk</p> <p>Lunch 1/2 turkey breast on whole wheat bread with tsp light cranberry mayonnaise 1 slice of bread , 1 1/2 oz. cooked meat Lettuce and Tomato, 1/2 cup Zucchini Sticks 1/2 cup grapes Slices 3/4 cup nonfat milk</p> <p>Snack 1/2 serving of a Banana muffin 1/2 cup nonfat milk</p>	<p>24</p> <p>Breakfast 1/2 cup fresh blueberries/strawberries 1/2 cup unsweetened cereal variety, 3/4 cup nonfat milk</p> <p>Lunch Tofu Stir fry 1 1/2 oz. diced cooked Tofu marinated in Low-Sodium Soy Sauce (2 Tbsp. to 1 lb. of Tofu, 1/4 cup fresh vegetables broccoli, cauliflower, snow peas , 1/4 cup fresh apples, 1/4 cup Wild Rice 3/4 cup Nonfat milk</p> <p>Snack 1 Tangerine Whole Wheat Gold Fish Crackers</p>	<p>25</p> <p>Breakfast 1/2 cup fresh orange slices Breakfast Jack: (1 serving wheat bread, 1 egg, 1 oz. ham) 3/4 cup nonfat milk/Lactaid Milk</p> <p>Lunch Oven baked fish 1 1/2 oz. 1/4 cup mashed Yams 1/4 cup canned pears (in natural juices) 1/2 whole wheat goldfish bread 3/4 cup nonfat milk/Lactaid Milk</p> <p>Snack 1/2 serving of a soft pretzel 2 oz. of Pine Nut Hummus (homemade)</p>
<p>24</p> <p>Breakfast 1/2 cup fresh bananas 1/2 cup of Cheerios ,3/4 cup Nonfat milk</p> <p>Lunch 1 soft beef taco with, 1 1/2 oz. lean beef 1 Tbsp. shredded lettuce, 1 Tbsp. diced tomato, 1 Tbsp. grated cheese and 1 Tbsp. salsa on tortilla , 1/4 cup lightly steamed carrot sticks 1/4 cup honeydew</p> <p>Snack 1/2 cup of fresh strawberries 1 serving of strawberry muffins 1/2 cup nonfat milk/Lactaid</p>	<p>25</p> <p>Breakfast 1/2 cup fresh strawberries 1/2 serving of Breakfast Burrito Eggs ,Ground Turkey Sausage, and potatoes, 3/4 cup Nonfat milk</p> <p>Lunch Chicken Pot Pie with 1 1/2 ounce turkey, 1/4 cup of potatoes, celery, carrots and peas, 1/4 cup fresh pineapple, 1/4 cup fresh tossed green salad with edamame and cherry tomatoes ,Tbsp. low fat salad dressing ,3/4 cup nonfat milk</p> <p>Snack Fruit bowl: 1/2 cup of apples, grapes & bananas and topped with 2 oz. of granola</p>	<p>30</p> <p>Breakfast 1/2 cup of pineapple chunks 1/2 slice of whole wheat Pancakes with 1 tsp of fruit spread, 3/4 cup nonfat milk</p> <p>Lunch 3/4 cup cooked whole wheat pasta 1 1/2 oz. lean ground turkey , 1/4 cup tomato sauce, 1/4 cup Kale salad mix, with 1 Tbsp. shredded carrots, 1 Tbsp. low fat salad dressing ,1/4 cup fresh apple sections , 3/4 cup nonfat milk</p> <p>Snack Jello-O with 1/2 cup Mandarin Oranges (in natural juices), topped with low-fat vanilla yogurt</p>	<p>31</p> <p>Breakfast 1/2 cup fresh blueberries 1/3 Breakfast Quesadilla, 1/8 oz. 1/2 oz. cheese, 1/8 oz. sausage and egg 3/4 cup non-fat milk</p> <p>Lunch 1/4 cup pineapple chunks 3/4 cup nonfat milk Peanut butter and Fruit Spread Sandwich: 1 Slice whole wheat bread, peanut butter 3 tbsp, 1/4 cup fresh grapes, 1/4 cup of carrot sticks 3/4 cup nonfat milk</p> <p>Snack Graham crackers 1/2 cup nonfat milk</p>	<p>"This institution is an equal opportunity provider" Approved by a Registered Dietician Nutritionist</p> 