














Weekly Menu: Cycle 1

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;"><u>Breakfast</u></p> <ul style="list-style-type: none"> ◆ WW Cinnamon Toast ◆ Oranges * ◆ Milk  <p style="text-align: center;">*or seasonal fruit/veg.</p>	<p style="text-align: center;"><u>Breakfast</u></p> <ul style="list-style-type: none"> ◆ Multigrain Pancakes ◆ Pears* ◆ Milk  <p style="text-align: center;">*or seasonal fruit/veg.</p>	<p style="text-align: center;"><u>Breakfast</u></p> <ul style="list-style-type: none"> ◆ Cream of Wheat ◆ Bananas* ◆ Milk  <p style="text-align: center;">*or seasonal fruit/veg.</p>	<p style="text-align: center;"><u>Breakfast</u></p> <ul style="list-style-type: none"> ◆ Oatmeal ◆ Oranges*/raisins ◆ Milk  <p style="text-align: center;">*or seasonal fruit/veg.</p>	<p style="text-align: center;"><u>Breakfast</u></p> <ul style="list-style-type: none"> ◆ Cheerios ◆ Peaches* ◆ Milk  <p style="text-align: center;">*or seasonal fruit/veg.</p>
<p style="text-align: center;"><u>Lunch</u></p> <ul style="list-style-type: none"> ◆ Egg Salad Sandwich <ul style="list-style-type: none"> ○ Egg salad with Celery ○ Whole Wheat Bread ◆ Vegetable Soup ◆ Pears ◆ Milk 	<p style="text-align: center;"><u>Lunch</u></p> <p>Cheesy Shells & Tuna</p> <ul style="list-style-type: none"> ○ Tuna ○ Cheese ○ Pasta Shells ◆ Oranges ◆ Peas ◆ Milk 	<p style="text-align: center;"><u>Lunch</u></p> <ul style="list-style-type: none"> ◆ Parmesan Chicken ◆ Sweet Potatoes ◆ Baked Apple Slices ◆ Biscuits ◆ Milk 	<p style="text-align: center;"><u>Lunch</u></p> <ul style="list-style-type: none"> ◆ Macaroni & Cheese Home Made ◆ Peas ◆ Apples ◆ Milk 	<p style="text-align: center;"><u>Lunch</u></p> <ul style="list-style-type: none"> ◆ Noodles & ground beef w/sauce ◆ Carrot Coins ◆ Pineapple ◆ Milk 
<p style="text-align: center;"><u>P.M. Snack</u></p> <ul style="list-style-type: none"> ◆ String Cheese ◆ Apple or Pears  <p style="text-align: center;">*Or seasonal fruit/veg.</p>	<p style="text-align: center;"><u>P.M. Snack</u></p> <ul style="list-style-type: none"> ◆ Corn Quesadilla <ul style="list-style-type: none"> ○ Cheese on ○ Corn tortilla  <p style="text-align: center;">*Or seasonal fruit/veg.</p>	<p style="text-align: center;"><u>P.M. Snack</u></p> <ul style="list-style-type: none"> ◆ Raw Broccoli ◆ Carrots ◆ Yogurt Dip  <p style="text-align: center;">*Or seasonal fruit/veg.</p>	<p style="text-align: center;"><u>P.M. Snack</u></p> <ul style="list-style-type: none"> ◆ Tuna Sandwich Squares <ul style="list-style-type: none"> ○ Tuna ○ Whole Wheat Bread  <p style="text-align: center;">*Or seasonal fruit/veg.</p>	<p style="text-align: center;"><u>P.M. Snack</u></p> <ul style="list-style-type: none"> ◆ Pasta & Vegetable Toss  <p style="text-align: center;">*Or seasonal fruit/veg.</p>
















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Weekly Menu: Cycle 2

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> <ul style="list-style-type: none"> ◆ Rice Krispies ◆ Peaches* ◆ Milk  *Or seasonal fruit/veg.	<u>Breakfast</u> <ul style="list-style-type: none"> ◆ English Muffins ◆ Pineapple* ◆ Milk  *Or seasonal fruit/veg.	<u>Breakfast</u> <ul style="list-style-type: none"> ◆ Oatmeal ◆ Apples* ◆ Mil  *Or seasonal fruit/veg.	<u>Breakfast</u> <ul style="list-style-type: none"> ◆ Whole Wheat Bread ◆ Peanut Butter ◆ Bananas* ◆ Milk  *Or seasonal fruit/veg.	<u>Breakfast</u> <ul style="list-style-type: none"> ◆ Pancakes ◆ Oranges* ◆ Milk  *Or seasonal fruit/veg.
<u>Lunch</u> <ul style="list-style-type: none"> ◆ Make Your Own Tacos <ul style="list-style-type: none"> ○ Ground beef ○ Cheese ○ Lettuce/tomatoes ○ Corn Taco shells ◆ Pinto beans ◆ Milk 	<u>Lunch</u> <ul style="list-style-type: none"> ◆ Cheesy Shells & Tuna <ul style="list-style-type: none"> ○ Tuna ○ Cheese ○ Pasta Shells ◆ Oranges ◆ Peas ◆ Milk 	<u>Lunch</u> <ul style="list-style-type: none"> ◆ Chicken Stir Fry <ul style="list-style-type: none"> ○ Chicken Strips ○ Carrots and Squash ◆ Broccoli ◆ Brown Rice ◆ Milk 	<u>Lunch</u> <ul style="list-style-type: none"> ◆ Turkey Cheeseburgers <ul style="list-style-type: none"> ○ Turkey & Cheese ○ Whole Wheat Bun ◆ Potato Cubes ◆ Zucchini ◆ Milk 	<u>Lunch</u> <ul style="list-style-type: none"> ◆ Pinto Beans ◆ Brown Rice ◆ Tomatoes ◆ Apples 
<u>P.M. Snack</u> <ul style="list-style-type: none"> ◆ Scrambled Eggs ◆ English muffin or Pita Bread  *Or seasonal fruit/veg.	<u>P.M. Snack</u> <ul style="list-style-type: none"> ◆ Apples ◆ Peanut Butter  *Or seasonal fruit/veg.	<u>P.M. Snack</u> <ul style="list-style-type: none"> ◆ Corn Quesadilla <ul style="list-style-type: none"> ○ Cheese on ○ Corn tortilla  *Or seasonal fruit/veg.	<u>P.M. Snack</u> <ul style="list-style-type: none"> ◆ Yogurt Dip ◆ Carrots and assorted veggies  *Or seasonal fruit/veg.	<u>P.M. Snack</u> <ul style="list-style-type: none"> ◆ String Cheese ◆ Oranges  *Or seasonal fruit/veg.
















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Weekly Menu: Cycle 3

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;"><u>Breakfast</u></p> <ul style="list-style-type: none"> ◆ Cheerios ◆ Peaches* ◆ Milk  <p style="text-align: center;">*or Seasonal Fruit/veg.</p>	<p style="text-align: center;"><u>Breakfast</u></p> <ul style="list-style-type: none"> ◆ Oatmeal ◆ Raisins ◆ Pineapple* ◆ Milk  <p style="text-align: center;">*or Seasonal Fruit/veg.</p>	<p style="text-align: center;"><u>Breakfast</u></p> <ul style="list-style-type: none"> ◆ English Muffins ◆ Oranges* ◆ Milk  <p style="text-align: center;">*or Seasonal Fruit/veg.</p>	<p style="text-align: center;"><u>Breakfast</u></p> <ul style="list-style-type: none"> ◆ Cream of Wheat ◆ Pineapple* ◆ Milk  <p style="text-align: center;">*or Seasonal Fruit/veg.</p>	<p style="text-align: center;"><u>Breakfast</u></p> <ul style="list-style-type: none"> ◆ Whole Wheat Toast ◆ Oranges* ◆ Milk  <p style="text-align: center;">*or Seasonal Fruit/veg.</p>
<p style="text-align: center;"><u>Lunch</u></p> <ul style="list-style-type: none"> Burritos <ul style="list-style-type: none"> ○ Refried Pinto Beans ○ Cheese ○ Whole Wheat Tortilla ◆ Lettuce & Tomatoes ◆ Peaches Milk 	<p style="text-align: center;"><u>Lunch</u></p> <ul style="list-style-type: none"> ◆ Lentils <ul style="list-style-type: none"> ○ Lentils with ○ Cheese ◆ Oranges/Vegetable ◆ Sourdough Bread ◆ Milk 	<p style="text-align: center;"><u>Lunch</u></p> <ul style="list-style-type: none"> ◆ Teriyaki Chicken ◆ Broccoli ◆ Carrots and Squash ◆ Brown Rice Pilaf ◆ Milk 	<p style="text-align: center;"><u>Lunch</u></p> <ul style="list-style-type: none"> ◆ Baked Fish ◆ Corn ◆ Cole Slaw ◆ Whole Wheat Roll ◆ Milk 	<p style="text-align: center;"><u>Lunch</u></p> <ul style="list-style-type: none"> ◆ Sloppy Joe's <ul style="list-style-type: none"> ○ Potato cubes ○ WW Bun ◆ Bananas ◆ Milk 
<p style="text-align: center;"><u>P.M. Snack</u></p> <ul style="list-style-type: none"> ◆ Quesadillas <ul style="list-style-type: none"> ○ Cheese ○ Whole Wheat Tortilla  <p style="text-align: center;">*Or seasonal fruit/veg.</p>	<p style="text-align: center;"><u>P.M. Snack</u></p> <ul style="list-style-type: none"> ◆ Yogurt Dip <ul style="list-style-type: none"> ◆ Cucumbers ◆ Bell Peppers  <p style="text-align: center;">*Or seasonal fruit/veg.</p>	<p style="text-align: center;"><u>P.M. Snack</u></p> <ul style="list-style-type: none"> ◆ String Cheese <ul style="list-style-type: none"> ◆ Apple or Pears  <p style="text-align: center;">*Or seasonal fruit/veg.</p>	<p style="text-align: center;"><u>P.M. Snack</u></p> <ul style="list-style-type: none"> ◆ Ants on A Log <ul style="list-style-type: none"> ○ Celery sticks ○ Peanut butter ○ Raisins  <p style="text-align: center;">*Or seasonal fruit/veg.</p>	<p style="text-align: center;"><u>P.M. Snack</u></p> <ul style="list-style-type: none"> ◆ Yogurt ◆ Bananas  <p style="text-align: center;">*Or seasonal fruit/veg.</p>

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Weekly Menu: Cycle 4

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;"><u>Breakfast</u></p> <ul style="list-style-type: none"> ◆ Multigrain Pancakes ◆ Oranges* ◆ Milk  <p style="text-align: center;">*Or seasonal fruit/veg.</p>	<p style="text-align: center;"><u>Breakfast</u></p> <ul style="list-style-type: none"> ◆ Tortilla Roll-Ups with <ul style="list-style-type: none"> ○ Whole Wheat Tortillas ○ Peanut Butter ○ Bananas* ◆ Milk  <p style="text-align: center;">*Or seasonal fruit/veg.</p>	<p style="text-align: center;"><u>Breakfast</u></p> <ul style="list-style-type: none"> ◆ Rice Krispies Cereal ◆ Pears* ◆ Milk  <p style="text-align: center;">*Or seasonal fruit/veg.</p>	<p style="text-align: center;"><u>Breakfast</u></p> <ul style="list-style-type: none"> ◆ Arroz con Leche ◆ Raisins ◆ Oranges* ◆ Milk  <p style="text-align: center;">*Or seasonal fruit/veg.</p>	<p style="text-align: center;"><u>Breakfast</u></p> <ul style="list-style-type: none"> ◆ Oatmeal ◆ Peaches ◆ Milk  <p style="text-align: center;">*Or seasonal fruit/veg.</p>
<p style="text-align: center;"><u>Lunch</u></p> <ul style="list-style-type: none"> ◆ Mostacholi Pasta ◆ meat sauce ◆ Carrot Sticks ◆ Green Salad ◆ Milk 	<p style="text-align: center;"><u>Lunch</u></p> <ul style="list-style-type: none"> ◆ Baked Fish ◆ Corn ◆ Cole Slaw ◆ Whole Wheat Roll ◆ Milk 	<p style="text-align: center;"><u>Lunch</u></p> <ul style="list-style-type: none"> ◆ Turkey Chili <ul style="list-style-type: none"> ○ Beans & cheese ◆ Bananas ◆ Broccoli ◆ Cornbread ◆ Milk 	<p style="text-align: center;"><u>Lunch</u></p> <ul style="list-style-type: none"> ◆ Cheesy Shells & Tuna <ul style="list-style-type: none"> ○ Tuna ○ Cheese ○ Pasta Shells ◆ Oranges ◆ Peas ◆ Milk 	<p style="text-align: center;"><u>Lunch</u></p> <ul style="list-style-type: none"> ◆ Make Your Own Tacos <ul style="list-style-type: none"> ○ Ground Beef and Cheese ○ Lettuce and Tomatoes ○ Corn Taco Shells ◆ Pinto Beans ◆ Milk 
<p style="text-align: center;"><u>P.M. Snack</u></p> <ul style="list-style-type: none"> ◆ Peanut Butter ◆ Celery  <p style="text-align: center;">*Or seasonal fruit/veg.</p>	<p style="text-align: center;"><u>P.M. Snack</u></p> <ul style="list-style-type: none"> ◆ String Cheese ◆ Apples  <p style="text-align: center;">*Or seasonal fruit/veg.</p>	<p style="text-align: center;"><u>P.M. Snack</u></p> <ul style="list-style-type: none"> ◆ Bananas ◆ Yogurt  <p style="text-align: center;">*Or seasonal fruit/veg.</p>	<p style="text-align: center;"><u>P.M. Snack</u></p> <ul style="list-style-type: none"> ◆ Whole Wheat Cinnamon Toast ◆ Apples  <p style="text-align: center;">*Or seasonal fruit/veg.</p>	<p style="text-align: center;"><u>P.M. Snack</u></p> <ul style="list-style-type: none"> ◆ Tuna ◆ Pita Bread  <p style="text-align: center;">*Or seasonal fruit/veg.</p>

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