

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	<p>Super Sliders Celery Sticks ½ cup PB& J Dip 2 oz. Mixed Vegetables ¼ cup Mandarin Oranges ½ cup Milk 1 cup</p>	<p>Tunapple Sandwich on WG Wheat Toast Potato Wedges ½ cup Baby Carrots ½ cup Tropical Fruit ½ cup Milk 1 cup</p>	<p>Pepperoni Pizza Romaine Spinach Salad 1 cup = ½ cup creditable LF Dressing Pkt Cherry Tomatoes ¼ cup Fresh Grapes ½ cup Milk 1 cup</p>	<p>Chicken Fajita Black Bean Salad ½ cup Corn ¼ cup Peaches ½ cup Milk 1 cup</p>	<p>Grilled Chicken Breast Sandwich Cheesy Cauliflower ½ cup Baked Kale Chips 1 cup = ½ cup creditable Mixed Fruit ½ cup Milk 1 cup</p>
Week Two	<p>The “Ham-bagler” Ham & Cheese WG Bagel Pickle Spear ¼ cup Sweet Potato Tots ½ cup Apple Slices ½ cup Milk 1 cup</p>	<p>Chicken Nuggets With Sweet & Sour Sauce Vegetable Brown Rice ¼ c Fresh Broccoli Florets ½ c Pineapple Bits Milk 1 cup</p>	<p>Stromboli Squares with Marinara Sauce ¼ cup Romaine Spinach Salad 1 cup Fresh Banana ½ cup Milk 1 cup LF Ranch Dressing Pkt</p>	<p>Chicken Patty Sandwich White Bean Soup ½ cup Jicama Sticks ½ cup Watermelon chunks ½ cup Milk 1 cup</p>	<p>Sloppy Joe Baby Carrots ½ cup LF Ranch Dressing Pkt Green Beans ¼ cup Sliced Pears ½ cup Milk 1 cup</p>
Week Three	<p>Peanut Butter and Banana Wrap Tomato Basil Salad ½ cup Celery Sticks ½ cup Fresh Orange Slices ½ cup Milk 1 cup</p>	<p>Blue Ribbon Mac & Cheese BBQ Meatballs (2) Steamed Broccoli ½ cup Baby Carrots ½ cup Fresh Grapes ½ cup Slice WG Milk 1 cup</p>	<p>Cheese Pizza Creamsicle Spinach Salad- 1 cup Corn ¼ cup Fresh Melon Mix ½ cup Milk 1 cup</p>	<p>Chicken Quesadilla Shredded lettuce ¼ cup creditable Shredded Cheddar 1/8 cup Salsa ¼ cup Refried Beans ½ cup Cinnamon Applesauce ½ c Milk 1 cup</p>	<p>Hot Dog on WG Bun Gold Rush Potatoes ½ cup Marinated Cucumber Slices ½ cup 100% Juice Box ½ cup (any flavor) Milk 1 cup</p>
Week Four	<p>Hamburger Squish Squash ½ cup Cole Slaw ½ cup Fresh Fruit Cup ½ cup Milk 1 cup</p>	<p>“ Tso” Good Chicken Strips Cider Spinach 1/2 cup California Blend Vegetables ½ cup 100% Fruit Juice Slush ½ c Milk 1 cup</p>	<p>WG Cheese Filled Bread Sticks with Marinara Sauce ¼ cup Kale Chips /LF Dressing 1 cup Pineapple Bits ½ cup Milk 1 cup</p>	<p>Quirky Turkey Sandwich Tator Tots ½ cup Celery Sticks ½ cup Sliced Kiwi ½ cup Milk 1 cup</p>	<p>Shredded Chicken Sandwich Carrot and Raisin Salad ½ c Edamame ½ cup Pears ½ cup Milk 1 cup</p>

* Sodium must be ≤ 1230

** Schools must provide food labels to verify products used in recipes and in menus are trans-fat free.

Week Five	<p>Gourmet Grilled Cheese Sandwich Tomato Bisque ½ cup Broccoli Florets ½ cup Fresh Melon Chunks ½ cup Milk 1 cup</p>	<p>The Fish Wrapper French Fries ½ cup Fresh Blueberries and Strawberries ½ c Milk 1 cup</p>	<p>Cheese Pizza (4 x 6) Romaine Spinach Salad 1 cup = ½ cup creditable LF Dressing Pkt Ginger Carrots ¼ cup Fresh Grapes ½ cup Milk 1 cup</p>	<p>Grande Nachos Shredded Lettuce ¼ cup Diced Tomato 1/8 cup Refried Beans ½ cup FF Sour Cream Cinnamon Applesauce ½ c Milk 1 cup</p>	<p>BBQ Riblette Sandwich Pickle Spear ¼ cup Green Beans ½ cup 100% Fruit Juice ½ cup Milk 1 cup</p>
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USDA Foods used in bolded menu items.

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