

Monday	Tuesday	Wednesday	Thursday	Friday
<p>13</p> <p>L: Cheddar Cheese, Bread 100% Whole Wheat (1oz eq/28gm)(WG), Garden Salad, Applesauce, Lowfat Milk - 1% soup and Grilled cheese 1% or Whole Milk Wg Bread Cheese Mixed Vegetables Oranges</p> <p>D: </p>	<p>14</p> <p>L: Turkey Ground, Flour Tortillas (1oz eq/28g)(WG), Potatoes, fresh, all sizes, Peaches / Nectarines, Lowfat Milk - 1% Chorizo Potato tacos 1% or Whole Milk WG tortillas turkey Lettuce, Salsa, Potato Diced Peas</p> <p>D: Beef Ground, Whole Grain Chips(WG), Black Beans, Applesauce, Lowfat Milk - 1% Beef Nachos 1% or Whole Milk WG Tortilla Chips Beef Salsa, Lettuce, tomato Diced Peaches</p>	<p>15</p> <p>L: Turkey Ground, Elbow Pasta (1oz eq/28gm/1/2c)(WG), Mixed Vegetables, Peaches / Nectarines, Lowfat Milk - 1% Turkey Stroganoff 1% or Whole Milk WG noodle Turkey Mixed Vegetable Diced Peas</p> <p>D: Turkey Ground, Macaroni Noodles (1oz eq/28g)(WG), Tomato Sauce / Paste, Applesauce, Lowfat Milk - 1% Mini Shells & Meat Sc. 1% or Whole Milk WG Shells Turkey Tomato Sauce, Mixed Veg Peaches</p>	<p>16</p> <p>L: Turkey Ground, Macaroni Noodles (1oz eq/28g)(WG), Tomato Sauce / Paste, Mandarin Oranges, Lowfat Milk - 1% Mini Shells & Meat Sc. 1% or Whole Milk WG Shells Turkey Tomato Sauce, Mixed Veg Peaches</p> <p>D: Chicken Breasts, Rice (1oz eq/28gm/1/2c), Mixed Vegetables, Applesauce, Lowfat Milk - 1% Chicken Fried Rice 1% or Whole Milk WG Rice Chicken Mixed Veg Diced Peas</p>	<p>17</p> <p>L: Chicken Breasts, Rice (1oz eq/28gm/1/2c)(WG), Mixed Vegetables, Fruit Cocktail (no syrup), Lowfat Milk - 1% Chicken Fried Rice 1% or Whole Milk WG Rice Chicken Mixed Veg Diced Peas</p> <p>D: Turkey Ground, Noodles - Other(WG), Mixed Vegetables, Mandarin Oranges, Lowfat Milk - 1% Turkey Stroganoff 1% or Whole Milk WG noodle Turkey Mixed Vegetable Diced Peas</p>
<p>20</p> <p>L: Cheddar Cheese, Noodles - Other(WG), Mixed Vegetables, Mixed Fruit, Lowfat Milk - 1% Mac and Cheese 1% or Whole Milk Wg Noodles Cheddar, Mozzarella Mixed Veg Mandarin Oranges</p> <p>D: Cheddar Cheese, Rice (1oz eq/28gm/1/2c)(WG), Broccoli, Applesauce, Lowfat Milk - 1% Broccoli Cheddar Casserole 1% or Whole Milk Wg Rice Cheddar, Mozz Broccoli Apple Sauce</p>	<p>21</p> <p>L: Chicken Breasts, Whole Grain Chips(WG), Lettuce And Tomato, Applesauce, Lowfat Milk - 1% Taco Salad 1% or Whole Milk WG Chips Chicken Salsa, Lettuce, Beans Apple Sauce</p> <p>D: Turkey Ground, Macaroni Noodles (1oz eq/28g)(WG), Mixed Vegetables, Applesauce, Lowfat Milk - 1% Mexican Rice 1% or Whole Milk WG Rice Turkey Beans, Tomatoes, corn Apple Sauce</p>	<p>22</p> <p>L: Beef Ground, Noodles - Other(WG), Onions / Onion Rings, Mandarin Oranges, Lowfat Milk - 1% Chili Mac 1% or Whole Milk WG Noodle Beef onions, peppers Peaches</p> <p>D: Turkey Ground, Rice (1oz eq/28gm/1/2c)(WG), Mixed Vegetables, Pear, canned #10, Lowfat Milk - 1% Turkey Stir Fry 1% or Whole Milk WG Rice Turkey Mixed Veg Diced Peas</p>	<p>23</p> <p>L: Turkey Ground, Rice (1oz eq/28gm/1/2c)(WG), Mixed Vegetables, Applesauce, Lowfat Milk - 1% Turkey Stir Fry 1% or Whole Milk WG Rice Turkey Mixed Veg Diced Peas</p> <p>D: Turkey Ground, Rolls - Wheat(WG), Peas, Peaches / Nectarines, Lowfat Milk - 1% Shepherds Pie 1% or Whole Milk Wg Roll Turkey Peas, corn, carrots Tropical</p>	<p>24</p> <p>L: Turkey Ground, Rolls - Wheat(WG), Peas and Carrots, Peaches / Nectarines, Lowfat Milk - 1% Shepherds Pie 1% or Whole Milk Wg Roll Turkey Peas, corn, carrots Tropical</p> <p>D: Beef Ground, Noodles - Other(WG), Peppers, Green, Peaches / Nectarines, Lowfat Milk - 1% Chili Mac 1% or Whole Milk WG Noodle Beef onions, peppers Peaches</p>
<p>27</p> <p>L: Great Northern Beans, Brown Rice, WG (1oz/28g)(WG), Broccoli, Tropical Fruit, Lowfat Milk - 1% Garden Rice Pilaf 1% or Whole Milk WG Rice Black Beans Broccoli/Cauliflower Diced Peaches</p> <p>D: Mozzarella Cheese, Pasta Misc (WG 1oz eq/28gm)(WG), Cauliflower, Applesauce, Lowfat Milk - 1% Tomato Basil pasta 1% or Whole Milk Wg Pasta Mozz, Parm Broc, Cauliflower mix Apple Sauce</p>	<p>28</p> <p>L: Beef Ground, Tortilla Chips - WGR (1 oz/28g)(WG), Black Beans, Fruit Cocktail (no syrup), Lowfat Milk - 1% Frito Pie 1% or Whole Milk tortilla Chip Beef Beans, Tomatoes Peaches</p> <p>D: Turkey Ground, Penne Pasta(WG), Peppers, Green, Applesauce, Lowfat Milk - 1% Taco Pasta 1% or Whole Milk WG Penne Ground Turkey Onions, Peppers Diced Peas</p>	<p>29</p> <p>L: Tuna Salad, Buns - Whole Grain (1oz/28g)(WG), Celery, Pear, canned #10, Lowfat Milk - 1% Tuna Salad 1% or Whole Milk WG Buns Tuna Onion, Celery Peas</p> <p>D: Turkey Burger, Pasta Misc (WG)(WG), Tomato Sauce / Paste, Applesauce, Lowfat Milk - 1% Pizza Casserole 1% or Whole Milk Rotini Turkey, Turk Peperoni Tomato Sauce apple sauce</p>	<p>30</p> <p>L: Turkey Ground, Pasta Misc (WG)(WG), Tomato Sauce / Paste, Peaches / Nectarines, Lowfat Milk - 1% Pizza Casserole 1% or Whole Milk Rotini Turkey, Turk Peperoni Tomato Sauce apple sauce</p> <p>D: Beef Ground, Cornbread/Corn Muffin - WGR (1oz/34g)(WG), Mixed Vegetables, Applesauce, Lowfat Milk - 1% Chili 1% or Whole Milk Cornbread Beef Mixed Vegetables Diced Peas</p>	<p>31</p> <p>L: Beef Ground, Cornbread/Corn Muffin - WGR (1oz/34g)(WG), Mixed Vegetables, Applesauce, Lowfat Milk - 1% Chili 1% or Whole Milk Cornbread Beef Mixed Vegetables Diced Peas</p> <p>D: Chicken Breasts, Brown Rice, WG (1oz/28g)(WG), Peas and Carrots, Applesauce, Lowfat Milk - 1% Curry Chicken 1% or Whole Milk WG Rice Chicken Chickpeas, carrots Oranges</p>

