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| **Cycle A** | Monday | Tuesday | Wednesday  Whole wheat Zucchini Muffin  Honey dew melon  Milk | Thursday | Friday |
| **Breakfast** | Cheerios  Oranges  Milk | Whole grain French toast  w/Turkey Sausage  Cantaloupe  Milk |  | Cinnamon raison bagel  Applesauce  Milk | Rice Krispies Cereal  Banana  Milk |
| **Lunch** | Grilled Cheese  W/wheat bread  Tomato Soup  Tropical Fruit  Milk | Mac and Cheese  Broccoli  Apples  Milk | Turkey ham sandwich on wheat bread  Cucumber and Tomato salad  Watermelon  Milk | Barbecue chicken  On wheat roll  Corn  Peaches  Milk | Cheese Pizza on  whole grain dough  Mixed veggies  Pineapple  Milk |
| **Snack** | Whole wheat Goldfish Crackers  Fruit juice | Yogurt  Fruit sauce  Water | Whole grain animal crackers  Milk | Ritz crackers  Cucumbers and ranch dip  Milk | Cheese stick  Apple slices  Water |

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| **Cycle B** | Monday | Tuesday | Wednesday | Thursday | Friday |
| **Breakfast** | Rice Krispies  Apple sauce  Milk | Whole wheat English Muffin w/jelly  Apples  Milk | Low-fat yogurt  Granola  Strawberries  Milk | Homemade Banana  Muffins  Honey dew melon  Milk | Cheerios  Bananas  Milk |
| **Lunch** | Chicken Whole grain rice,,peas, broccoli, green beans  Plums  Milk | Chicken noodle soup with peas, carrots and corn  Whole Grain dinner roll  Watermelon  Milk | Chicken Salad  Whole grain pita  Corn  Oranges  Milk | Turkey Meatball Subs  Whole grain roll  Corn  Pineapple  Milk | Pizza  Fruit salad  Carrots  Milk |
| **Snack** | Yogurt cups  With fresh berries  Water | Whole Wheat raisin bread  Milk | Low-fat Cheese stick  Apple slices  Water | Teddy Graham  100% Fruit Juice | Cucumbers and carrots with dip  Veggie crackers  Water |

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| **Cycle C** | Monday | Tuesday | Wednesday | Thursday | Friday |
| **Breakfast** | Kix cereal  Fresh strawberries  Milk | Build your own burger on a whole wheat bun, Turkey, Cheese, lettuce, tomato and pickles  Sweet potato fries  Pineapple  Milk  Corn muffin  Apple sauce  Milk | Scrambled eggs  Whole wheat toast  Oranges  Milk | Homemade raisin oatmeal  Madeiran oranges  Milk | Rice Krispies cereal  Peaches  Milk |
| **Lunch** | Chicken Fajitas  Peppers, onions  Whole wheat wrap  Shredded cheddar cheese  Pears  Milk |  | Homemade pasta salad  w/Tri colored pasta, tomato, and cheese  Herb chicken breast  Mixed veggies  Apple slices  Milk | Hot turkey sandwich  Mashed potatoes  Green beans  Gravy  Watermelon  Milk | Whole grain Cheese Pizza  Corn  Fruit salad  Milk |
| **Snack** | Homemade Chex mxi, rice cereal, wheat Chex, corn Chex, raisins, marshmallows  Milk | Pears  Oyster crackers  Water | Whole grain animal crackers  Fruit Juice | Cheese  Whole wheat crackers  Milk | Strawberries  w/low-fat yogurt dip  Water |

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| **Cycle D** | Monday | Tuesday | Wednesday | Thursday | Friday |
| **Breakfast** | Bran Muffins  Apple slices  Milk | Whole wheat bagels with cream cheese  Honey dew melon  Milk | Cheerios  Banana  Milk | Homemade blueberry lemon muffins  Madeiran oranges  Milk | Rice Krispies  plums  Milk |
| **Lunch** | Turkey Meatballs  Whole wheat pasta  Tomato sauce  Broccoli  Cantaloupe  Milk  Milk | Chicken sandwich  Whole wheat roll  Pineapple  Peas  Milk | Breakfast for lunch, wheat pancakes, turkey sausage, potatoes  Homemade fruit sauce  Peaches  Milk | Soft tacos, ground turkey, lettuce, tomato, sour cream, shredded cheese, Whole grain tortilla  Watermelon  Milk | Turkey and Cheese sandwich  whole wheat bread  Peas and carrots  Fruit salad  Milk |
| **Snack** | Veggie crackers  Cucumber and carrots, ranch dressing  Water | Whole Wheat Raisin Bread  Milk | Cheez Its  Juice | Yogurt  Strawberries  Water | Low-fat cheese stick  Apple sauce  water |