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| **Cycle A** | Monday | Tuesday | WednesdayWhole wheat Zucchini MuffinHoney dew melonMilk | Thursday | Friday |
| **Breakfast** | CheeriosOrangesMilk  | Whole grain French toastw/Turkey SausageCantaloupeMilk |  | Cinnamon raison bagelApplesauceMilk  | Rice Krispies CerealBanana Milk  |
| **Lunch** | Grilled Cheese W/wheat breadTomato SoupTropical FruitMilk  |  Mac and CheeseBroccoliApplesMilk | Turkey ham sandwich on wheat breadCucumber and Tomato saladWatermelonMilk  |  Barbecue chickenOn wheat rollCornPeachesMilk  | Cheese Pizza on whole grain dough Mixed veggiesPineappleMilk  |
| **Snack** | Whole wheat Goldfish CrackersFruit juice | YogurtFruit sauceWater | Whole grain animal crackersMilk  | Ritz crackers Cucumbers and ranch dipMilk | Cheese stick Apple slices Water |

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| **Cycle B** | Monday | Tuesday | Wednesday | Thursday | Friday |
| **Breakfast** | Rice KrispiesApple sauceMilk  | Whole wheat English Muffin w/jellyApplesMilk | Low-fat yogurtGranolaStrawberries Milk | Homemade BananaMuffinsHoney dew melonMilk  | CheeriosBananasMilk  |
| **Lunch** | Chicken Whole grain rice,,peas, broccoli, green beansPlumsMilk | Chicken noodle soup with peas, carrots and corn Whole Grain dinner roll WatermelonMilk  | Chicken Salad Whole grain pitaCornOrangesMilk | Turkey Meatball SubsWhole grain roll Corn Pineapple Milk  | PizzaFruit saladCarrotsMilk  |
| **Snack** | Yogurt cupsWith fresh berriesWater | Whole Wheat raisin breadMilk  | Low-fat Cheese stickApple slicesWater | Teddy Graham 100% Fruit Juice | Cucumbers and carrots with dipVeggie crackersWater |

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| **Cycle C** | Monday | Tuesday | Wednesday | Thursday | Friday |
| **Breakfast** | Kix cereal Fresh strawberriesMilk  | Build your own burger on a whole wheat bun, Turkey, Cheese, lettuce, tomato and picklesSweet potato friesPineappleMilk Corn muffinApple sauceMilk | Scrambled eggsWhole wheat toastOranges Milk  | Homemade raisin oatmealMadeiran orangesMilk | Rice Krispies cereal Peaches Milk  |
| **Lunch** | Chicken Fajitas Peppers, onionsWhole wheat wrapShredded cheddar cheesePears Milk |  | Homemade pasta saladw/Tri colored pasta, tomato, and cheeseHerb chicken breastMixed veggiesApple slicesMilk  | Hot turkey sandwichMashed potatoes Green beans GravyWatermelonMilk  | Whole grain Cheese Pizza CornFruit saladMilk |
| **Snack** | Homemade Chex mxi, rice cereal, wheat Chex, corn Chex, raisins, marshmallowsMilk  | PearsOyster crackersWater | Whole grain animal crackersFruit Juice  | Cheese Whole wheat crackersMilk  | Strawberriesw/low-fat yogurt dipWater |

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| **Cycle D** | Monday | Tuesday | Wednesday | Thursday | Friday |
| **Breakfast** | Bran MuffinsApple slices Milk  | Whole wheat bagels with cream cheeseHoney dew melon Milk  | CheeriosBananaMilk  | Homemade blueberry lemon muffinsMadeiran orangesMilk  | Rice KrispiesplumsMilk |
| **Lunch** | Turkey MeatballsWhole wheat pastaTomato sauce Broccoli Cantaloupe Milk Milk |  Chicken sandwich Whole wheat rollPineapplePeasMilk | Breakfast for lunch, wheat pancakes, turkey sausage, potatoesHomemade fruit saucePeaches Milk |  Soft tacos, ground turkey, lettuce, tomato, sour cream, shredded cheese, Whole grain tortillaWatermelon Milk  | Turkey and Cheese sandwichwhole wheat breadPeas and carrotsFruit salad Milk  |
| **Snack** | Veggie crackersCucumber and carrots, ranch dressing Water  | Whole Wheat Raisin BreadMilk  | Cheez ItsJuice  | Yogurt Strawberries Water | Low-fat cheese stick Apple saucewater |