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| **Cycle A** | Monday | Tuesday | WednesdayBanana MuffinHoneydew melonMilk | Thursday | Friday |
| **Breakfast** | CheeriosApplesauceMilk  | Whole grain WafflesClementine’s Milk |  | Oatmeal with Cinnamon and Raisins Strawberries Milk  | Kix CerealBanana Milk  |
| **Lunch** | Whole Grain Macaroni and CheeseBroccoli Pears Milk  | Chicken and Vegetable Stir FryPeas, carrots, green beans, broccoliRicePlums Milk  | Whole Grain Crispy Chicken Sandwich Whole Wheat BunSliced CarrotsBlueberriesMilk  |  Turkey Goulash Corn Cantaloupe Milk  | Cheese Pizza on whole grain dough Green Beans Fruit Salad Milk  |
| **Snack** | Carrot Sticks with low fat dipFruit juice | Low-Fat YogurtGraham Crackers Water | Raisin BreadMilk  | Ritz crackers Vegetable cream cheese Milk | Cheese stick Apple slices Water |

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| **Cycle B** | Monday | Tuesday | Wednesday | Thursday | Friday |
| **Breakfast** | Rice KrispiesClementine’s Milk  | Zucchini Muffin Plums Milk | Low-fat yogurtMixed Berries Milk | Whole Grain BagelsCantaloupe Milk  | Life Cereal Tropical Fruit Milk  |
| **Lunch** | Grilled Cheese Tomato SoupApples Milk | Chicken Salad Whole Grain PitaMixed Vegetables Blueberries Milk  | Turkey Tacos with Cheddar CheeseWhole Grain Tortilla Lettuce, Tomato, Corn GrapesMilk | Whole Grain French toastPotatoes Turkey SausageSliced Peaches Milk  | Turkey Ham and Cheese SubWhole Grain Roll, Lettuce, and TomatoPeasMelon SaladMilk  |
| **Snack** | Whole Grain GoldfishWater | Cheese Stick Applesauce Water  | Whole Grain Cheez-Its Milk  | Sliced Cucumbers and Dip 100% Fruit Juice | Graham Crackers Milk  |

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| **Cycle C** | Monday | Tuesday | Wednesday | Thursday | Friday |
| **Breakfast** | Rice ChexApplesauce Milk  | Turkey Meatball Whole Wheat RollPeasCantaloupe Milk Cinnamon Raisin Bagel Blueberries Milk | Corn Muffin Honeydew Melon Milk  | Scrambled Eggs Whole Wheat ToastBanana Milk | Low Sugar Cinnamon Toast Crunch Sliced PeachesMilk  |
| **Lunch** | BBQ Grilled Chicken Whole Wheat Roll Mixed Vegetables Fruit Cocktail Milk |  | Chicken Fajitas Whole Wheat Tortilla Green Beans Grapes Milk  | Hot Turkey w/ Gravy Mashed potatoes Whole Grain BreadWatermelonMilk  | Whole grain Cheese Pizza Broccoli Fruit saladMilk |
| **Snack** | Cucumbers and Celery Low Fat Dip 100% Fruit Juice  | Whole Grain Teddy Grahams Milk  | Whole Grain Chex Mixw/Raisins Milk  | Whole Grain Cheez-its Milk  | Wheat ThinsCheese Slices Water |

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| **Cycle D** | Monday | Tuesday | Wednesday | Thursday | Friday |
| **Breakfast** | Cheerios PearsMilk  | Whole Wheat English Muffin w/Jelly Cantaloupe Milk  | Whole Grain French Toast sticks Applesauce Milk  | Blueberry MuffinsHoneydew Milk  | KIx Cereal Pineapple Milk |
| **Lunch** | Turkey Ham Sweet Potatoes Sliced Peaches Whole Wheat Roll Milk |  Turkey Bologna and Cheese Sandwich On Whole Wheat BreadSliced CarrotsGrapes Milk | Turkey Burger on a Wheat RollCheese, lettuce tomato and picklesSweet Potato WedgesMadeiran Oranges Milk | Grilled Chicken BreastPasta Salad Whole Grain RollApples Milk  | Roasted Turkey and Cheese sandwichwhole wheat breadPeas Plums Milk  |
| **Snack** | Whole Grain Animal Crackers Water  | Whole Wheat Raisin BreadMilk  | Whole Grain Goldfish Crackers100% Juice  | Teddy Grahams Milk  | Low-fat cheese stick Fruit Cup water |