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| **Cycle A** | Monday | Tuesday | Wednesday  Banana Muffin  Honeydew melon  Milk | Thursday | Friday |
| **Breakfast** | Cheerios  Applesauce  Milk | Whole grain Waffles  Clementine’s  Milk |  | Oatmeal with Cinnamon and Raisins  Strawberries  Milk | Kix Cereal  Banana  Milk |
| **Lunch** | Whole Grain Macaroni and Cheese  Broccoli  Pears  Milk | Chicken and Vegetable Stir Fry  Peas, carrots, green beans, broccoli  Rice  Plums  Milk | Whole Grain Crispy Chicken Sandwich  Whole Wheat Bun  Sliced Carrots  Blueberries  Milk | Turkey Goulash  Corn  Cantaloupe  Milk | Cheese Pizza on  whole grain dough  Green Beans  Fruit Salad  Milk |
| **Snack** | Carrot Sticks with low fat dip  Fruit juice | Low-Fat Yogurt  Graham Crackers  Water | Raisin Bread  Milk | Ritz crackers  Vegetable cream cheese  Milk | Cheese stick  Apple slices  Water |

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| **Cycle B** | Monday | Tuesday | Wednesday | Thursday | Friday |
| **Breakfast** | Rice Krispies  Clementine’s  Milk | Zucchini Muffin Plums  Milk | Low-fat yogurt  Mixed Berries  Milk | Whole Grain Bagels  Cantaloupe  Milk | Life Cereal  Tropical Fruit  Milk |
| **Lunch** | Grilled Cheese  Tomato Soup  Apples  Milk | Chicken Salad  Whole Grain Pita  Mixed Vegetables  Blueberries  Milk | Turkey Tacos with Cheddar Cheese  Whole Grain Tortilla  Lettuce, Tomato, Corn  Grapes  Milk | Whole Grain French toast  Potatoes  Turkey Sausage  Sliced Peaches  Milk | Turkey Ham and Cheese Sub  Whole Grain Roll, Lettuce, and Tomato  Peas  Melon Salad  Milk |
| **Snack** | Whole Grain Goldfish  Water | 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 Chex  Applesauce  Milk | Turkey Meatball  Whole Wheat Roll  Peas  Cantaloupe  Milk  Cinnamon Raisin Bagel  Blueberries  Milk | Corn Muffin  Honeydew Melon  Milk | Scrambled Eggs  Whole Wheat Toast  Banana  Milk | Low Sugar Cinnamon Toast Crunch  Sliced Peaches  Milk |
| **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 Bread  Watermelon  Milk | Whole grain Cheese Pizza  Broccoli  Fruit salad  Milk |
| **Snack** | Cucumbers and Celery  Low Fat Dip  100% Fruit Juice | Whole Grain Teddy Grahams  Milk | Whole Grain Chex Mix  w/Raisins  Milk | Whole Grain Cheez-its  Milk | Wheat Thins  Cheese Slices  Water |

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| **Cycle D** | Monday | Tuesday | Wednesday | Thursday | Friday |
| **Breakfast** | Cheerios  Pears  Milk | Whole Wheat English Muffin w/Jelly  Cantaloupe  Milk | Whole Grain French Toast sticks  Applesauce  Milk | Blueberry Muffins  Honeydew  Milk | KIx Cereal  Pineapple  Milk |
| **Lunch** | Turkey Ham  Sweet Potatoes  Sliced Peaches  Whole Wheat Roll  Milk | Turkey Bologna and Cheese Sandwich  On Whole Wheat Bread  Sliced Carrots  Grapes  Milk | Turkey Burger on a Wheat Roll  Cheese, lettuce tomato and pickles  Sweet Potato Wedges  Madeiran Oranges  Milk | Grilled Chicken Breast  Pasta Salad  Whole Grain Roll  Apples  Milk | Roasted Turkey and Cheese sandwich  whole wheat bread  Peas  Plums  Milk |
| **Snack** | Whole Grain Animal Crackers  Water | Whole Wheat Raisin Bread  Milk | Whole Grain Goldfish Crackers  100% Juice | Teddy Grahams  Milk | Low-fat cheese stick  Fruit Cup  water |