|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Cycle A** | Monday | Tuesday | Wednesday  Whole wheat blue berry muffin  Fresh oranges  Milk | Thursday | Friday |
| **Breakfast** | Cheerios  Banana  Milk | Scrambled eggs  w/Turkey Sausage  Cantaloupe  Milk |  | Homemade wheat French toast  Strawberries  Milk | Kix Cereal  Blueberries  Milk |
| **Lunch** | Grilled Cheese  W/wheat bread  Broccoli  Tropical Fruit  Milk | Chicken noodle soup  Whole Grain dinner roll  Sweet peas  Pears  Milk | Turkey ham sandwich on wheat bread  Cucumber and Tomato salad  Watermelon  Milk | Barbecue chicken  On wheat roll  Corn  Peaches  Milk | Turkey Pepperoni Pizza  Mixed veggies  Pineapple  Milk |
| **Snack** | Whole wheat Goldfish Crackers  Fruit juice | Fresh fruit cups  Yogurt  Water | Sliced apples  Wheat Crackers  Water | Whole Grain animal crackers  Milk | Ritz Crackers  Veggie Cream Cheese  Water |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Cycle B** | Monday | Tuesday | Wednesday | Thursday | Friday |
| **Breakfast** | Rice Krispies  Apple sauce  Milk | Low-fat yogurt  Sliced peaches  Milk | Whole wheat English muffin  w/jelly  Pineapple  Milk | Homemade Banana  Muffins  Pears  Milk | Cheerios  Bananas  Milk |
| **Lunch** | Stir fry with Chicken, Whole grain rice,  ,peas, broccoli, green beans  Blueberries  Milk | Pizza  Cantaloupe  Carrots  Milk | Salisbury Steak W/gravy  Mashed potatoes  Whole grain roll  Corn  Honeydew  Milk | Chicken salad whole wheat wrap  Diced carrot  Apple slices  Milk | Mac and Cheese  Broccoli  Watermelon  Milk |
| **Snack** | Yogurt cups  With fresh berries  Water | Whole Wheat raisin bread  Milk | Low-fat Cheese stick  Juice | Soft wheat pretzels  Apple sauce  water | Cucumbers w/dip  Veggie crackers  Water |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Cycle C** | Monday | Tuesday | Wednesday | Thursday | Friday |
| **Breakfast** | Cheerios  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  Mixed fruit  Milk | Egg and cheese wheat wraps  Honey dew melon  Milk | Homemade raisin oatmeal  Blueberries  Milk | Kix cereal  Sliced apples  Milk |
| **Lunch** | Fajita Bowl  W/black beans, whole grain rice, and cheese  Peas and carrots  Pears  Milk |  | Homemade pasta salad  w/Tri colored pasta, tomato, turkey pepperoni and cheese  Mixed veggies  Grapes  Milk | Cheese Pizza  Corn  Fresh raspberries  Milk | Whole Wheat Pasta, Goulash, ground turkey, fresh tomatoes  Green bean salad  Mixed fruit  Milk |
| **Snack** | Homemade Chex mxi, rice cereal, wheat Chex, corn Chex, raisins, marshmallows  Milk | Pears  Oyster crackers  Water | Whole grain animal crackers  Seasonal Fruit  Water | Cheese  Whole wheat crackers  Fruit Juice | Strawberries  w/Dip  Water |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Cycle D** | Monday | Tuesday | Wednesday | Thursday | Friday |
| **Breakfast** | Bran Muffins  Fresh raspberries  Milk | Whole wheat bagels with cream cheese  Mixed berries  Milk | Cheerios  Banana  Milk | Homemade blueberry lemon muffins  Madeiran oranges  Milk | Rice Krispies  Pears  Milk |
| **Lunch** | Ground turkey sloppy Joe, whole wheat bun  Green beans  Oranges  Milk | Whole Wheat pasta, Tuna Mac Salad w/whole grain pasta, tomato, red peppers  Pineapple  Peas  Milk | Breakfast for lunch, wheat pancakes, turkey bacon, potatoes  Homemade fruit sauce  Raspberries  Milk | Cheese ravioli  Meat Sauce  Peas  Watermelon  Milk | Soft tacos, ground turkey, lettuce, tomato, sour cream, shredded cheese, Whole grain tortilla  Tropical fruit  Milk |
| **Snack** | Veggie crackers  Cucumber sticks  Water | Whole Wheat Raisin Bread  Milk | Fresh Peach slices  Yogurt  Water | Goldfish crackers  Fruit Juice  Water | Low-fat cheese stick  Apple sauce  water |