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| **Cycle A** | Monday | Tuesday | WednesdayWhole wheat blue berry muffinFresh orangesMilk | Thursday | Friday |
| **Breakfast** | CheeriosBananaMilk  | Scrambled eggsw/Turkey SausageCantaloupeMilk |  | Homemade wheat French toastStrawberriesMilk  | Kix CerealBlueberriesMilk  |
| **Lunch** | Grilled Cheese W/wheat breadBroccoliTropical FruitMilk  | Chicken noodle soupWhole Grain dinner roll Sweet peasPearsMilk  | Turkey ham sandwich on wheat breadCucumber and Tomato saladWatermelonMilk  |  Barbecue chickenOn wheat rollCornPeachesMilk  | Turkey Pepperoni PizzaMixed veggiesPineappleMilk  |
| **Snack** | Whole wheat Goldfish CrackersFruit juice | Fresh fruit cupsYogurtWater | Sliced apples Wheat CrackersWater | Whole Grain animal crackersMilk | Ritz CrackersVeggie Cream CheeseWater |

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| **Cycle B** | Monday | Tuesday | Wednesday | Thursday | Friday |
| **Breakfast** | Rice KrispiesApple sauceMilk  | Low-fat yogurtSliced peachesMilk | Whole wheat English muffinw/jellyPineappleMilk | Homemade BananaMuffinsPearsMilk  | CheeriosBananasMilk  |
| **Lunch** | Stir fry with Chicken, Whole grain rice,,peas, broccoli, green beansBlueberries Milk | PizzaCantaloupeCarrotsMilk  | Salisbury Steak W/gravyMashed potatoesWhole grain roll CornHoneydewMilk | Chicken salad whole wheat wrapDiced carrot Apple slicesMilk  | Mac and CheeseBroccoliWatermelonMilk  |
| **Snack** | Yogurt cupsWith fresh berriesWater | Whole Wheat raisin breadMilk  | Low-fat Cheese stickJuice | Soft wheat pretzelsApple sauce water | Cucumbers w/dipVeggie crackersWater |

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| **Cycle C** | Monday | Tuesday | Wednesday | Thursday | Friday |
| **Breakfast** | Cheerios Fresh strawberriesMilk  | Build your own burger on a whole wheat bun, Turkey, Cheese, lettuce, tomato and picklesSweet potato friesPineappleMilk Corn muffinMixed fruitMilk | Egg and cheese wheat wrapsHoney dew melonMilk  | Homemade raisin oatmealBlueberriesMilk | Kix cereal Sliced applesMilk  |
| **Lunch** | Fajita Bowl W/black beans, whole grain rice, and cheesePeas and carrotsPears Milk |  | Homemade pasta saladw/Tri colored pasta, tomato, turkey pepperoni and cheeseMixed veggiesGrapesMilk  | Cheese Pizza CornFresh raspberriesMilk | Whole Wheat Pasta, Goulash, ground turkey, fresh tomatoesGreen bean saladMixed fruitMilk  |
| **Snack** | Homemade Chex mxi, rice cereal, wheat Chex, corn Chex, raisins, marshmallowsMilk  | PearsOyster crackersWater | Whole grain animal crackersSeasonal FruitWater | Cheese Whole wheat crackersFruit Juice  | Strawberriesw/DipWater |

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| **Cycle D** | Monday | Tuesday | Wednesday | Thursday | Friday |
| **Breakfast** |  Bran MuffinsFresh raspberriesMilk  | Whole wheat bagels with cream cheeseMixed berriesMilk  | CheeriosBananaMilk  | Homemade blueberry lemon muffinsMadeiran orangesMilk  | Rice KrispiesPearsMilk |
| **Lunch** | Ground turkey sloppy Joe, whole wheat bunGreen beansOrangesMilk | Whole Wheat pasta, Tuna Mac Salad w/whole grain pasta, tomato, red peppersPineapplePeasMilk | Breakfast for lunch, wheat pancakes, turkey bacon, potatoesHomemade fruit sauceRaspberries Milk | Cheese ravioli Meat Sauce Peas Watermelon Milk  | Soft tacos, ground turkey, lettuce, tomato, sour cream, shredded cheese, Whole grain tortillaTropical fruitMilk  |
| **Snack** | Veggie crackersCucumber sticksWater | Whole Wheat Raisin BreadMilk  | Fresh Peach slicesYogurt Water | Goldfish crackersFruit JuiceWater | Low-fat cheese stick Apple saucewater |