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| **Cycle A** | Monday | Tuesday | WednesdayHomemade Banana BreadCantaloupeMilk | Thursday | Friday |
| **Breakfast** | Roast Turkey & Cheese Sandwich Whole Wheat Bread Peas Clementines MilkCheeriosPlumMilk | Whole Grain WafflesFresh pearsMilk |  | Buttermilk Biscuit w/JamFresh Mixed BerriesMilk | Kix CerealBananaMilk |
| **Lunch** |  | Grilled Chicken WrapsShredded CheeseFresh Garden SaladWhole Grain WrapWatermelonMilk | Whole Grain Crispy Chicken SandwichWhole Wheat BunSliced CarrotsGrapesMilk |  Homemade Turkey GoulashWhole Wheat PastaCornHoney DewMilk | Cheese pizzaWhole Wheat DoughGreen beansFresh Fruit SaladMilk |
| **Snack** | Whole Grain Soft Pretzel Stick100% Grape Juice | Low-Fat YogurtGraham CrackersWater | Raisin Bread SlicesMilk | Ritz CrackersVegetable Cream Cheese | Cheese SticksClub CrackersWater |

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| **Cycle B** | Monday | Tuesday | Wednesday | Thursday | Friday |
| **Breakfast** | Rice KrispiesClementinesMilk | Homemade Bran MuffinPlumsMilk | Low-Fat YogurtMixed BerriesMilk | Cinnamon Raisin Bagelsw/low-fat Cream CheesePeachesMilk | Life CerealTropical Mixed FruitMilk |
| **Lunch** | Grilled CheeseWhole Wheat BreadTomato SoupApplesMilk | Turkey Tacos w/shredded cheddar/lettuce/tomatoesRoast CornGrapesWhole Grain TortillaMilk | Grilled Chicken AlfredoWhole Grain PastaBroccoli FloretsWatermelonMilk | Whole Grain French ToastSticksRoasted PotatoesTurkey SausageCantaloupeMilk | Whole Grain Chicken NuggetsSweet potato WedgesHoney DewWhole Grain Dinner RollMilk |
| **Snack** | Whole Grain GoldfishCrackersMilk |  Low-Fat Cheese StickTeddy GrahamsWater | Whole Grain Cheez-itsMilk | Sliced Cucumbers and Dip100% Fruit Juice | Graham CrackersMilk |

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| **Cycle C** | Monday | Tuesday | Wednesday | Thursday | Friday |
| **Breakfast** |  | Turkey Meatball SubsWhole Wheat RollPeasCantaloupeMilkWhole Wheat Bagelw/low-fat Cream CheesePeachesMilk | Corn MuffinHoney Dew MelonMilk | Cinnamon Raisin OatmealBananaMilk | Reduce Sugar ToastCrunch CerealPineapple TidbitsMilk |
| **Lunch** | BBQ Chicken BreastWhole Grain RiceMixed VegetablesPearsMilkRice ChexAppleMilk |  | Tuna Salad Whole Wheat PitaFresh garden SaladApplesMilk | Homemade CheeseburgerMacaroniWhole Wheat pastaGreen BeansWatermelonMilk | Cheese PizzaWhole Wheat DoughGreen BeansFresh Orange WedgesMilk |
| **Snack** | Whole Grain Soft Pretzel100% Apple Juice | Whole Grain Teddy GrahamsMilk | Whole Grain Rice CakesMilk | Whole Grain Cheez-itsMilk  | Wheat ThinsCheese SticksWater |

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| **Cycle D** | Monday | Tuesday | Wednesday | Thursday | Friday |
| **Breakfast** | CheeriosPearsMilk  | Whole Wheat English Muffin w/JellyBananaMilk | Whole Grain French Toast SticksApplesauceMilk | Homemade Blueberry MuffinsHoney Dew Milk | Kix CerealPeachesMilk |
| **Lunch** | Homemade Chicken Noodle SoupWheat Grain Dinner RollMixed VeggiesClementineMilk | Chicken Parm CutletsSoft BreadsticksPeas/CarrotsCantaloupeMilk | Egg SaladPita BreadSweet Potato PuffsWatermelonMilk | Grilled Chicken BreastVeggie Pasta SaladWhole Grain Dinner RollClementinesMilk  |  Homemade Mac-n-CheeseWhole Wheat PastaBroccoli FloretsTropical Fruit SaladMilk |
| **Snack** | Whole Grain PretzelGoldfish Crackers100% Apple Juice | Raisin Bread Slices Homemade Chex MixMilk w/ Golden Raisins Milk |  | Graham CrackersLow-Fat YogurtWater | Low-Fat Cheese StickOyster CrackersWater |