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| **Cycle A** | Monday | Tuesday | Wednesday  Homemade Banana Bread  Cantaloupe  Milk | Thursday | Friday |
| **Breakfast** | Roast Turkey & Cheese Sandwich Whole Wheat Bread Peas Clementines Milk  Cheerios  Plum  Milk | Whole Grain Waffles  Fresh pears  Milk |  | Buttermilk Biscuit w/Jam  Fresh Mixed Berries  Milk | Kix Cereal  Banana  Milk |
| **Lunch** |  | Grilled Chicken Wraps  Shredded Cheese  Fresh Garden Salad  Whole Grain Wrap  Watermelon  Milk | Whole Grain Crispy Chicken Sandwich  Whole Wheat Bun  Sliced Carrots  Grapes  Milk | Homemade Turkey Goulash  Whole Wheat Pasta  Corn  Honey Dew  Milk | Cheese pizza  Whole Wheat Dough  Green beans  Fresh Fruit Salad  Milk |
| **Snack** | Whole Grain Soft Pretzel Stick  100% Grape Juice | Low-Fat Yogurt  Graham Crackers  Water | Raisin Bread Slices  Milk | Ritz Crackers  Vegetable Cream Cheese | Cheese Sticks  Club Crackers  Water |

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| **Cycle B** | Monday | Tuesday | Wednesday | Thursday | Friday |
| **Breakfast** | Rice Krispies  Clementines  Milk | Homemade Bran Muffin  Plums  Milk | Low-Fat Yogurt  Mixed Berries  Milk | Cinnamon Raisin Bagels  w/low-fat Cream Cheese  Peaches  Milk | Life Cereal  Tropical Mixed Fruit  Milk |
| **Lunch** | Grilled Cheese  Whole Wheat Bread  Tomato Soup  Apples  Milk | Turkey Tacos w/shredded cheddar/lettuce/tomatoes  Roast Corn  Grapes  Whole Grain Tortilla  Milk | Grilled Chicken Alfredo  Whole Grain Pasta  Broccoli Florets  Watermelon  Milk | Whole Grain French Toast  Sticks  Roasted Potatoes  Turkey Sausage  Cantaloupe  Milk | Whole Grain Chicken Nuggets  Sweet potato Wedges  Honey Dew  Whole Grain Dinner Roll  Milk |
| **Snack** | Whole Grain Goldfish  Crackers  Milk | Low-Fat Cheese Stick  Teddy Grahams  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** |  | Turkey Meatball Subs  Whole Wheat Roll  Peas  Cantaloupe  Milk  Whole Wheat Bagel  w/low-fat Cream Cheese  Peaches  Milk | Corn Muffin  Honey Dew Melon  Milk | Cinnamon Raisin Oatmeal  Banana  Milk | Reduce Sugar Toast  Crunch Cereal  Pineapple Tidbits  Milk |
| **Lunch** | BBQ Chicken Breast  Whole Grain Rice  Mixed Vegetables  Pears  Milk  Rice Chex  Apple  Milk |  | Tuna Salad  Whole Wheat Pita  Fresh garden Salad  Apples  Milk | Homemade Cheeseburger  Macaroni  Whole Wheat pasta  Green Beans  Watermelon  Milk | Cheese Pizza  Whole Wheat Dough  Green Beans  Fresh Orange Wedges  Milk |
| **Snack** | Whole Grain Soft Pretzel  100% Apple Juice | Whole Grain Teddy Grahams  Milk | Whole Grain Rice Cakes  Milk | Whole Grain Cheez-its  Milk | Wheat Thins  Cheese Sticks  Water |

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| **Cycle D** | Monday | Tuesday | Wednesday | Thursday | Friday |
| **Breakfast** | Cheerios  Pears  Milk | Whole Wheat English Muffin w/Jelly  Banana  Milk | Whole Grain French Toast Sticks  Applesauce  Milk | Homemade Blueberry Muffins  Honey Dew  Milk | Kix Cereal  Peaches  Milk |
| **Lunch** | Homemade Chicken Noodle Soup  Wheat Grain Dinner Roll  Mixed Veggies  Clementine  Milk | Chicken Parm Cutlets  Soft Breadsticks  Peas/Carrots  Cantaloupe  Milk | Egg Salad  Pita Bread  Sweet Potato Puffs  Watermelon  Milk | Grilled Chicken Breast  Veggie Pasta Salad  Whole Grain Dinner Roll  Clementines  Milk | Homemade Mac-n-Cheese  Whole Wheat Pasta  Broccoli Florets  Tropical Fruit Salad  Milk |
| **Snack** | Whole Grain Pretzel  Goldfish Crackers  100% Apple Juice | Raisin Bread Slices Homemade Chex Mix  Milk w/ Golden Raisins  Milk |  | Graham Crackers  Low-Fat Yogurt  Water | Low-Fat Cheese Stick  Oyster Crackers  Water |