



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH			<p>1/2 c Macaroni & Cheese 1/4 oz Cheese; 1/4 c WG Noodles 1/2 oz 1/4 c Green Beans 2 Orange Wedges 3/4 c Milk</p> <p>Veg: Same</p>	<p>1/2 c Beef Picadillo #8 (1 1/2 oz meat) 1/4 c WG Rice (1/2 oz Grain) 1/4 c Broccoli w Creamy Italian Dip 1/4 c Pears 3/4 c Milk</p> <p>Veg: 1 Lasagna Roll - Up</p>	<p>1 Cheese Manicotti (2.75oz) W Tomato Basil (1 1/2 oz cheese 2 oz WG grain) 1/2 c Tossed Salad w Ranch 1/4 c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) 3/4 c Milk</p> <p>Veg: Same</p>
LUNCH	<p>3 Meatballs (1.5 oz) with Marinara Sauce 1/4 c WG Penne (1/2 oz) PC Parmesan Cheese 1/4 c Baby Carrots w Veggie Dip 1/2 Apple 3/4 c Milk</p> <p>Veg: 3 Veggie Meatballs</p>	<p><u>Mediterranean</u> 8 1/4 c Seasoned Chicken Strips (2 oz) 1/2 WG Pita (1 oz) 1 Tbsp Hummus 1/4 c Petite Broccoli w Italian 1/4 c Tropical Fruit Salad 3/4 c Milk</p> <p>Veg: 3/8 c Chickpeas</p>	<p>2 oz Meatloaf 1 oz Cornbread 1/2 c Tossed Salad with Ranch 2 Orange Wedges 3/4 c Milk</p> <p>Veg: Vegetarian Chili</p>	<p>3 oz WG Fish Fillet (1.5 oz M/MA) 1/4 c Bolivian Rice (1/2 oz Grain) 1/2 c Spinach Salad w Italian 1/4 c Honeydew 3/4 c Milk</p> <p>Veg: 6 oz Yogurt</p>	<p><u>Make Your Own Burrito</u> 11 1/4 c Taco Meat & 1/8 c Monterrey Cheese 1-6 in WW Tortilla (1 oz) PC Mild Salsa 1/2 c Shredded Lettuce 1/4 c Pineapple 3/4 c Milk</p> <p>Veg: 1/4 c Black Beans & 1/8 c Monterrey Cheese</p>
LUNCH	<p><u>Italian</u> 14 2 Chicken Tenders 2 oz PC Marinara Sauce 1 WG Breadstick (1.2 oz) 1/4 c Baby Carrots 1/2 Apple 3/4 c Milk</p> <p>Veg: 2 Chix Tenders</p>	<p>1/2 c Beef & Macaroni Pasta Bake #8 • 2 oz beef, 1/4 c WG noodles(1/2 oz) 1/4 c Broccoli w Ranch 1/4 c Pineapple 3/4 c Milk</p> <p>Veg: 1/2 c Cheesy Macaroni Pasta Bake w 1 Mozzarella Cheese Stick</p>	<p>2 oz Oven Fried Chicken Leg 1 oz WG Corn Muffin 1/4 c Cole Slaw 1/4 c Honeydew 3/4 c Milk</p> <p>Veg: 3 Chickenless Nuggets* w Ketchup</p>	<p><u>Make Your Own Taco</u> 17 1/4 c Beef Taco Meat (1.5 oz meat) 1 Tbsp Shredded Cheddar Cheese 1oz Hard WG Taco Shell 1/2 c Shredded Lettuce PC Salsa 1/2 Banana 3/4 c Milk</p> <p>Veg: 1/2 c Black Beans</p>	<p>1/2 c Macaroni & Cheese 1/4 oz Cheese; 1/4 c WG Noodles 1/2 oz 3/8 c Vegetarian Baked Beans 1/2 c Spinach Salad w Italian 1/4 c Peaches 3/4 c Milk</p> <p>Veg: Same</p>
LUNCH	<p>MARTIN LUTHER KING DAY NO SCHOOL</p>	<p>Chicken Patty w Ketchup • 2 oz Chicken 1 WG Bun (1.8 oz) 1/4 c Three Bean Salad 1/4 c Tropical Fruit Salad 3/4 c Milk</p> <p>Veg: Black Bean Patty* w Ketchup</p>	<p>2 oz Meatloaf 1 WG Corn Muffin (1 oz) 1/4 c Cheesy Mashed Potatoes 1/4 c Honeydew 3/4 c Milk</p> <p>Veg: Black Bean Patty* w Ketchup</p>	<p><u>Asian</u> 24 1/4 c Honey Glazed Chicken (1.5 oz meat) #16 1/4 c Brown WG Rice (1/2 oz grain) 1/4 c Broccoli w Ranch 1/4 c Mandarin Oranges 3/4 c Milk</p> <p>Veg: 3 Honey Glazed Chickenless Nuggets*</p>	<p>Pizza Day! 😊</p>
LUNCH	<p>2 oz Oven Fried Chicken Leg 1 WG Wheat Roll (1 oz) 1/4 c Glazed Carrots 1/4 c Apple Slices (2-3) 3/4 c Milk</p> <p>Veg: 3 Chickenless Nuggets* w Ketchup</p>	<p>2 oz CN Hamburger Patty 1 WG Bun (1.8 oz) 1/2 c Spinach Salad w Ranch 1/4 c Cantaloupe 3/4 c Milk</p> <p>Veg: Vegetarian Black Bean Burger*</p>	<p>1/2 c Macaroni & Cheese 1/4 oz Cheese; 1/4 c WG Noodles 1/2 oz 1/4 c Green Beans 2 Orange Wedges 3/4 c Milk</p> <p>Veg: Same</p>	<p>1/2 c Beef Picadillo #8 (1 1/2 oz meat) 1/4 c WG Rice (1/2 oz Grain) 1/4 c Broccoli w Creamy Italian Dip 1/4 c Pears 3/4 c Milk</p> <p>Veg: 1 Lasagna Roll - Up</p>	