|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Week 1 Monday 27 Tuesday 28 Wednesday 1 Thursday 2 Friday 3 | | | | | |
| Breakfast | Eggs, Whole Wheat Toast, Cantaloupe | Pancakes with Syrup, Blueberries | Kix Cereal, Bananas | Bagels with Cream Cheese & Applesauce | Grits, Turkey Sausage Links, Grapes |
| Lunch | Pizza Soup, Tossed Italian Salad, Applesauce | Fish Sticks, Macaroni & Cheese, Green Peas, Fruit Cocktail | Chicken & Rice, Green Beans, Pineapple | Chicken Quesadilla on Whole Wheat Tortilla With Lettuce & Cheese, Black Beans, Corn, Tropical Fruit | Chicken Hot Dog on a Whole Wheat Bun, Baked Beans, Pears |
| *Vegetarian* | *Vegetarian Pizza Soup* | *Meatless Boneless Wings* | *Tofu & Rice* | *Veggie Burger on Whole Wheat Bun* | *Veggie Hot Dog on a Bun* |
| Snack | Tortillas With Salsa, Juice | Turkey & Cheese Slices, Whole Wheat Crackers | Apples & String Cheese | Cheese-Its, Juice | Wheat Thins & Grapes |
| Tod Late Snack | Fresh Seasonal Fruit, Milk | Cereal Bar, Juice | Veggie Straws & Juice | Applesauce, Water | Fresh Seasonal Fruit, Milk |
| Week 2 Monday 6 Tuesday 7 Wednesday 8 Thursday 9 Friday 10 | | | | | |
| Breakfast | Raisin Toast, Cream Cheese, Mandarin Oranges | French Toast Sticks, Pears | Cheerios Cereal, Bananas | Oatmeal with Brown Sugar, Apple Slices | Muffins, Mandarin Oranges, Bacon Strips |
| Lunch | Tomato Soup, Whole Wheat Cheese Dunkers, Peas, Strawberries | Grilled Chicken with Korean BBQ Sauce, Brown Rice, Stir Fry Vegetables, Pineapple | Chicken Alfredo with Whole Wheat Ziti, Salad with Ranch, Applesauce | Salisbury Steak with Gravy, Mashed Potatoes, Peas, Pineapple | Whole Wheat Cheese Pizza, Mixed Vegetables, Peaches |
| *Vegetarian* | *N/A* | *Yogurt Cup* | *Humus on Pita* | *Veggie Baked Beans* | *N/A* |
| Snack | Cheese-Its, Juice | Chex Mix, Juice | Cheese Squares, Crackers, Juice | Yogurt, Rice Cakes | Graham Crackers, Bananas |
| Tod Late Snack | Goldfish Crackers, Juice | Fresh Seasonal Fruit, Milk | Yogurt, Water | Goldfish Crackers, Juice | Cereal , Bananas |
| Week 3 Monday 13 Tuesday 14 Wednesday 15 Thursday 16 Friday 17 | | | | | |
| Breakfast | Bagels with Cream Cheese & Strawberries | Waffles with Syrup, Blueberries | Chex Cereal, Bananas | Cinnamon Toast, Pears | Muffins, Cantaloupe |
| Lunch | Chicken Noodle Soup, Whole Wheat Hot Turkey & Swiss Sandwich, Corn, Cinnamon Apples | Cheese Ziti with Marinara Sauce, Steamed Broccoli, Pineapple | Whole Wheat Cheese Quesadilla, Black Beans, Corn, Tropical Fruit | Chicken Legs, Green Beans, Yellow Rice, Peaches | Hamburger Whole Wheat Bun, Tater Tots, Applesauce |
| *Vegetarian* | *Noodle Soup* | *N/A* | *N/A* | *Meatless Nuggets* | *Veggie Burger on Whole Wheat Bun* |
| Snack | Ritz Crackers & String Cheese | Trail Mix, Juice | Pretzels, Juice | Tortilla Chips, Salsa | Apples & Cheddar Cheese Cubes |
| Tod Late Snack | Goldfish Crackers, Juice | Cereal Bars, Water | Fresh Seasonal Fruit, Milk | Yogurt, Water | Veggie Straws |
| Week 4 Monday 20 Tuesday 21 Wednesday 22 Thursday 23 Friday 24 | | | | | |
| Breakfast | Oatmeal, Peaches | French Toast Sticks, Fruit Cocktail | Life Cereal, Bananas | Sausage Biscuits, Mandarin Oranges | Muffins, Blueberries, Bacon |
| Lunch | Vegetable Soup, Whole Wheat Chicken, Bologna Sandwich, Mango Chunks | Chicken Patties on a Whole Wheat Bun, Sweet Potatoes, Pineapple | Whole Wheat Spaghetti with Meat Sauce, Salad with Ranch, Peaches | Chicken & Whole Wheat Waffles, Green Beans, Pears | Chicken Corn Dogs, Peas & Carrots, Fruit Cocktail |
| *Vegetarian* | *Cheese Sandwich* | *Meatless Chik'n Patties On Bun* | *Spaghetti with Marinara Sauce* | *Meatless Boneless Patty* | *Veggie Corn Dogs* |
| Snack | Trail Mix, Juice | Chex Mix, Juice | Juice, Rice Crisp | Cheez-Its, Juice | Goldfish Crackers, Fruit Yogurt |
| Tod Late Snack | Ritz Crackers, Juice | Yogurt & Water | Veggie Straws, Juice | Applesauce, Water | Bananas |
| Week 5 Monday 27 Tuesday 28 Wednesday 29 Thursday 30 Friday 31 | | | | | |
| Breakfast | Eggs, Whole Wheat Toast, Cantaloupe | Pancakes with Syrup, Blueberries | Kix Cereal, Bananas | Bagels with Cream Cheese & Applesauce | Grits, Turkey Sausage Links, Grapes |
| Lunch | Pizza Soup, Tossed Italian Salad, Applesauce | Fish Sticks, Macaroni & Cheese, Green Peas, Fruit Cocktail | Chicken & Rice, Green Beans, Pineapple | Chicken Quesadilla on Whole Wheat Tortilla With Lettuce & Cheese, Black Beans, Corn, Tropical Fruit | Chicken Hot Dog on a Whole Wheat Bun, Baked Beans, Pears |
| *Vegetarian* | *Vegetarian Pizza Soup* | *Meatless Boneless Wings* | *Tofu & Rice* | *Veggie Burger on Whole Wheat Bun* | *Veggie Hot Dog on a Bun* |
| Snack | Tortillas With Salsa, Juice | Turkey & Cheese Slices, Whole Wheat Crackers | Apples & String Cheese | Cheese-Its, Juice | Wheat Thins & Grapes |
| Tod Late Snack | Fresh Seasonal Fruit, Milk | Cereal Bar, Juice | Veggie Straws & Juice | Applesauce, Water | Fresh Seasonal Fruit, Milk |

*Note: Milk is served with all Breakfast & Lunch. We use 8th Continent or Silk Soy Milk as a milk substitution. Water and occasionally 100% Juice is served with. all snacks.* ***This institution is an equal opportunity employer.***