

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B L VL VG L S					1 Mexican Concha Spaghetti (1/2c) & Meatballs with Green Salad (2c) Hawaiian Tofu (1/2c) with Brown Rice Pilaf (1/2c) & Steamed Broccoli & Carrots (1c) Tofu Taco Salad (3/4c) (No Cheese/Meat) w/Spanish Brown Rice (1c) & Refried Beans (1/2c) Rice Chex
4 B L VL VG L S	WG Apple Cinnamon Donut Cheeseburger with Sweet Potato (3/4c) Bean & Cheese Torta with Carrot Sticks (1/2c) & Ranch 2 Veggie & Bean (1/2c) Tacos (No Cheese/Meat) w/Corn Salad (Oil & Vinegar) (1/2c) Trix	5 Cinnamon French Toast w/Syrup Macaroni & Cheese (1c) with Steamed Broccoli & Carrots (1c) Macaroni & Cheese (1c) with Steamed Broccoli & Carrots (1c) Beans Chili (No Meat/Cheese) (3/4c) w/Dinner Roll (2oz) & Carrot Sticks (1/2c) w/Italian Dressing Cinnamon Graham Bug Bites	6 Rice Chex & WG Crackers Cheese Pizza with Green Salad (1 1/2c) Chinese Salad (No Chicken) w/ Dinner Roll (2oz) & Bean Salad (Oil & Vinegar) (1/2c) NO SNACK	7 	8
	11	12	13	14	15
	18	19	20	21	22
	25	26	27	28	29

This institution is an equal opportunity provider.

Breakfast fruit/juice portions: 1 cup & Lunch fruit/juice portions: 1 cup (Juice cannot exceed 50% of total weekly servings.) Milk (1 Cup) (1%/Non-fat/Non-fat Choc)



School Notes: VEGETARIAN BREAKFAST ONLY // NO PORK SCHOOL // KOSHER SNACKS ONLY, 120 ON TH NO PARFAIT.



“Eat Right, Be Bright!”