



CONTAINS SESAME

CENTER NAME : \_\_\_\_\_

|                               |               | MONDAY                     | TUESDAY                      | WEDNESDAY                                       | 1                              | THURSDAY                                  | 2 | FRIDAY                                   |
|-------------------------------|---------------|----------------------------|------------------------------|-------------------------------------------------|--------------------------------|-------------------------------------------|---|------------------------------------------|
| Breakfast                     | Grains / Meat |                            |                              |                                                 |                                |                                           |   |                                          |
|                               | Veg/ Fruit    |                            |                              |                                                 |                                |                                           |   |                                          |
|                               | Milk          |                            |                              |                                                 |                                |                                           |   |                                          |
| <div>Lunch &amp; Supper</div> | Meat / Alt    |                            |                              |                                                 |                                | BBQ Chicken Sliders                       |   | Turkey Pepperoni Flatbread Pizza         |
|                               | Grain         |                            |                              |                                                 |                                | WG Rolls                                  |   | WG Flatbread                             |
|                               | Veg           |                            |                              |                                                 |                                | Green Beans                               |   | Broccoli                                 |
|                               | Fruit         |                            |                              |                                                 |                                | Fresh Fruit, Honeydew<br>1% or Whole Milk |   | Fresh Fruit, Oranges<br>1% or Whole Milk |
|                               | Milk          |                            |                              |                                                 |                                |                                           |   |                                          |
| Snack                         | Grain         |                            |                              |                                                 |                                |                                           |   |                                          |
|                               | Fruit         |                            |                              |                                                 |                                |                                           |   |                                          |
|                               |               | 5 MONDAY                   | 6 TUESDAY                    | 7 WEDNESDAY                                     | 8 THURSDAY                     | 9 FRIDAY                                  |   |                                          |
| Breakfast                     | Grains / Meat |                            |                              |                                                 |                                |                                           |   |                                          |
|                               | Veg/ Fruit    |                            |                              |                                                 |                                |                                           |   |                                          |
|                               | Milk          |                            |                              |                                                 |                                |                                           |   |                                          |
| <div>Lunch &amp; Supper</div> | Meat / Alt    | Sweedish Meatball          | Fish Fillet Sandwich         | TurkeyHam & Cheese Wrap                         | Teryaki Chicken                | Cheese Pizza                              |   |                                          |
|                               | Grain         | WG Egg Noodles             | WG Hamburger Bun             | WG Tortilla                                     | Brown Rice                     | WG Flatbread                              |   |                                          |
|                               | Veg           | Vegetable Medley           | Sweet Corn                   | Garden Salad                                    | Green Beans                    | Broccoli                                  |   |                                          |
|                               | Fruit         | Fresh Fruit, Apple Slices  | Fresh Fruit, Canteloupe      | Fresh Fruit, Banana                             | Fresh Fruit, Honeydew          | Fresh Fruit, Oranges                      |   |                                          |
|                               | Milk          | 1% or Whole Milk           | 1% or Whole Milk             | 1% or Whole Milk                                | 1% or Whole Milk               | 1% or Whole Milk                          |   |                                          |
| Snack                         | Grain         |                            |                              |                                                 |                                |                                           |   |                                          |
|                               | Fruit         |                            |                              |                                                 |                                |                                           |   |                                          |
|                               |               | 12 MONDAY                  | 13 TUESDAY                   | 14 WEDNESDAY                                    | 15 THURSDAY                    | 16 FRIDAY                                 |   |                                          |
| Breakfast                     | Grains / Meat |                            |                              |                                                 |                                |                                           |   |                                          |
|                               | Veg/ Fruit    |                            |                              |                                                 |                                |                                           |   |                                          |
|                               | Milk          |                            |                              |                                                 |                                |                                           |   |                                          |
| <div>Lunch &amp; Supper</div> | Meat / Alt    | Spaghetti w/ Beef Marinara | Beef Taco<br>( Ground Beef ) | Turkey & Cheese Wrap                            | Cheesesteak Slider             | Turkey Pepperoni Flatbread Pizza          |   |                                          |
|                               | Grain         | WG Pasta                   | WG Tortilla                  | WG Tortilla                                     | WG Rolls                       | WG Flatbread                              |   |                                          |
|                               | Veg           | Vegetable Medley           | Sweet Corn                   | Garden Salad                                    | Green Beans                    | Broccoli                                  |   |                                          |
|                               | Fruit         | Fresh Fruit, Apple Slices  | Fresh Fruit, Canteloupe      | Fresh Fruit, Banana                             | Fresh Fruit, Honeydew          | Fresh Fruit, Oranges                      |   |                                          |
|                               | Milk          | 1% or Whole Milk           | 1% or Whole Milk             | 1% or Whole Milk                                | 1% or Whole Milk               | 1% or Whole Milk                          |   |                                          |
| Snack                         | Grain         |                            |                              |                                                 |                                |                                           |   |                                          |
|                               | Fruit         |                            |                              |                                                 |                                |                                           |   |                                          |
|                               |               | 19 MONDAY                  | 20 TUESDAY                   | 21 WEDNESDAY                                    | 22 THURSDAY                    | 23 FRIDAY                                 |   |                                          |
| Breakfast                     | Grains / Meat |                            |                              |                                                 |                                |                                           |   |                                          |
|                               | Veg/ Fruit    |                            |                              |                                                 |                                |                                           |   |                                          |
|                               | Milk          |                            |                              |                                                 |                                |                                           |   |                                          |
| <div>Lunch &amp; Supper</div> | Meat / Alt    | Mac & Cheese               | Beef Burger w/ Cheese Option | Ranch Chicken Snack Wrap                        | General Tso Chicken Drumsticks | Cheese Pizza                              |   |                                          |
|                               | Grain         | WG Pasta                   | WG Hamburger Bun             | WG Tortilla                                     | WG Buttered Noodles            | WG Flatbread                              |   |                                          |
|                               | Veg           | Vegetable Medley           | Tater Tots                   | Garden Salad                                    | Green Beans                    | Broccoli                                  |   |                                          |
|                               | Fruit         | Fresh Fruit, Apple Slices  | Fresh Fruit, Canteloupe      | Fresh Fruit, Banana                             | Fresh Fruit, Honeydew          | Fresh Fruit, Oranges                      |   |                                          |
|                               | Milk          | 1% or Whole Milk           | 1% or Whole Milk             | 1% or Whole Milk                                | 1% or Whole Milk               | 1% or Whole Milk                          |   |                                          |
| Snack                         | Grain         |                            |                              |                                                 |                                |                                           |   |                                          |
|                               | Fruit         |                            |                              |                                                 |                                |                                           |   |                                          |
|                               |               | 26 MONDAY                  | 27 TUESDAY                   | 28 WEDNESDAY                                    | 29 THURSDAY                    | 30 FRIDAY                                 |   |                                          |
| Breakfast                     | Grains / Meat |                            |                              |                                                 |                                |                                           |   |                                          |
|                               | Veg/ Fruit    |                            |                              |                                                 |                                |                                           |   |                                          |
|                               | Milk          |                            |                              |                                                 |                                |                                           |   |                                          |
| <div>Lunch &amp; Supper</div> | Meat / Alt    | Spaghetti w/ Beef Marinara | Beef Taco<br>( Ground Beef ) | Tuna Salad or Chicken Salad<br>( if Fish Free ) | BBQ Chicken Sliders            | Turkey Pepperoni Flatbread Pizza          |   |                                          |
|                               | Grain         | WG Pasta                   | WG Tortilla                  | WG Tortilla                                     | WG Rolls                       | WG Flatbread                              |   |                                          |
|                               | Veg           | Vegetable Medley           | Sweet Corn                   | Garden Salad                                    | Green Beans                    | Broccoli                                  |   |                                          |
|                               | Fruit         | Fresh Fruit, Apple Slices  | Fresh Fruit, Canteloupe      | Fresh Fruit, Banana                             | Fresh Fruit, Honeydew          | Fresh Fruit, Oranges                      |   |                                          |
|                               | Milk          | 1% or Whole Milk           | 1% or Whole Milk             | 1% or Whole Milk                                | 1% or Whole Milk               | 1% or Whole Milk                          |   |                                          |
| Snack                         | Grain         |                            |                              |                                                 |                                |                                           |   |                                          |
|                               | Fruit         |                            |                              |                                                 |                                |                                           |   |                                          |