


	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	<p>Red Rabbit Corn Flakes WG</p> <p>Apples 1% &amp; Fat Free Milk</p>	<p>Mango Bread WG</p> <p>Clementines 1% &amp; Fat Free Milk</p>	<p>Eggs &amp; WW Toast and Turkey Bacon</p> <p>Bananas 1% &amp; Fat Free Milk</p>	<p>WW Mini Bagels Butter</p> <p>Apples 1% &amp; Fat Free Milk</p>	<p>Strawberry Bread WG</p> <p>Clementines 1% &amp; Fat Free Milk</p>
LUNCH	<p>Cheese Tortellini Alfredo WG w/ Mixed Peppers</p> <p>Roasted Zucchini</p> <p>Cantaloupe 1% &amp; Fat Free Milk</p>	<p>Beef Picadillo Tacos WW Tortilla</p> <p>Roasted Corn and Roasted Red Pepper Salsa</p> <p>Apples 1% &amp; Fat Free Milk</p>	<p>Teriyaki Chicken WG Seasoned Rice</p> <p>Garlic Roasted Broccoli w/ Carrots</p> <p>Pineapple 1% &amp; Fat Free Milk</p>	<p>Grilled Cheese on WG Bread</p> <p>Carrorts &amp; Peas</p> <p>Oranges 1% &amp; Fat Free Milk</p>	<p>Lemon Pepper Chicken WG Seasoned Rice</p> <p>Black Beans w/ Peppers</p> <p>Watermelon 1% &amp; Low Fat Milk</p>
SNACK	<p>Applesauce 1% &amp; Fat Free Milk</p>	<p>Homemade Trail Mix WG</p> <p>Apples 1% &amp; Fat Free Milk</p>	<p>Rice Cakes WG w/ Jam 1% &amp; Fat Free Milk</p>	<p>Soft Whole Wheat Pretzels 1% &amp; Fat Free Milk</p>	<p>WG Cinnamon Pita Bread</p>

**WG= Whole Grain**  
A whole grain is a grain that has not had its nutrient-rich germ and bran removed, and therefore does not need enrichment. These menu items contain at least 50 percent whole grains.

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