

BREAKFAST MENU

Monday

- WG Muffin
- Blueberry or Double Chocolate Chip

Tuesday

- WG Breakfast Pizza Slider

Wednesday

- Scrambled Egg
- Sausage
- WG Toast

Thursday

- Kellogg's® WG Waffles

Friday

- WG Biscuit & Gravy

Monday

- Kellogg's® WG French Toast Sticks

Tuesday

- Egg and Cheese on Whole Grain Bun

Wednesday

- WG Cinnamon Roll

Thursday

- WG Breakfast Burrito

Friday

- Bagel with Cream Cheese

WEEKLY LUNCH MENU

August '16

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

September '16

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

October '16

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

November '16

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

December '16

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

January '17

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February '17

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

March '17

S	M	T	W	T	F	S
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

April '17

S	M	T	W	T	F	S
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2	3	4	5	6	7	8
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

May '17

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June '17

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

1
Week

Monday

- Chicken Fried Steak
- Mashed Potatoes
- Peas
- WG Roll

Tuesday

- Ground Beef Taco
- Shredded Lettuce/Diced Tomato/Cheese
- Pinto Beans
- Option 2: Chicken Soft Taco

Wednesday

- WG Pepperoni Pizza Pocket
- Green Beans
- Romaine & Spinach Salad

Thursday

- Chili
- WG Corn Chips
- Cheese
- Baby Carrots
- Kellogg's® Animal Crackers

Friday

- Sub Sandwich
- Leafy Lettuce/Tomato/Pickles
- Fresh Broccoli
- Reduced Ranch Dip
- WG Cookie

2
Week

Monday

- Chicken Tenders
- Roasted Potatoes
- Mixed Veggies
- WG Garlic Bread Stick
- Option 2: Fish Sticks

Tuesday

- WG Corn Dog
- Tater Tots
- Baby Carrots

Wednesday

- WG Stuffed Crust Pizza
- Green Beans
- Romaine & Spinach Salad

Thursday

- Beef Taco Pie
- Pinto Beans
- Corn

Friday

- Hamburger on WG Bun
- Lettuce/Tomato/Pickles
- WG Breaded Okra
- Pork 'n Beans

3
Week

Monday

- Chicken Nuggets
- Mashed Potatoes
- Gravy
- Corn

Tuesday

- Hot Dog on WG Bun
- Baked Sun Chips
- Baked Beans
- Baby Carrots

Wednesday

- Spaghetti with Meat Sauce
- Green Beans
- Tossed Salad with Romaine
- WG Garlic Bread Stick

Thursday

- Beef and Cheese Nachos
- Pinto Beans
- Shredded Lettuce/Tomato
- Salsa

Friday

- Breaded Chicken on WG Bun
- Leafy Lettuce/Tomato/Pickle
- Cauliflower
- Reduced Ranch Dip
- WG Cookie
- Option 2: Chicken Fried Steak on WG Bun

4
Week

Monday

- Salisbury Steak
- Scalloped Potatoes
- Peas
- Whole Grain Roll
- Option 2: Breakfast for Lunch

Tuesday

- Lasagna w/Ground Beef
- Green Beans
- Romaine & Spinach Salad
- WG Garlic Bread Stick

Wednesday

- Cheeseburger on Whole Grain Bun
- Lettuce/Tomato/Pickle
- Curly Fries
- Pork 'N Beans

Thursday

- Chicken & Noodles
- Tossed Salad w/Romaine
- Steamed Carrots
- Whole Grain Roll

Friday

- BBQ Rib Sandwich
- Sweet Potato Fries
- Coleslaw
- Pickle Spear