

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	CHICKEN PATTY WGR BUN 3/4 C BAKED BEANS BBQ SAUCE 1/2 C APPLESAUCE MILK	WGR CHEESE PIZZA 3/4 C COOKED CARROTS 1/2 C PEACHES MILK	CHICKEN TENDERS & WAFFLES 3/4 C ROASTED POTATOES 1/2 C MANDARIN ORANGES SYRUP MILK	GRILLED CHEESE SANDWICH 3/4 C BROCCOLI 1/2 C PEARS MILK
7	8	9	10	11
MAC & CHEESE 1 SLC WGR BREAD 3/4 C GREEN BEANS FRESH APPLE MARGARINE MILK	CHEESE & BEAN BURRITO 3/4 C CORN 1/2 C APPLESAUCE TACO SAUCE MILK	WGR CHEESE PIZZA 3/4 C COOKED CARROTS 1/2 C PEACHES MILK	SLOPPY JOE WGR BUN 3/4 C BROCCOLI 1/2 C MANDARIN ORANGES MILK	CHICKEN NUGGETS 1 SLC WGR BREAD 3/4 C BAKED BEANS 1/2 C PEARS BBQ SAUCE MARGARINE MILK
14	15	16	17	18
PANCAKES W/TURKEY SAUSAGE 3/4 ROASTED POTATOES FRESH APPLE MILK & SYRUP	TURKEY HOT DOG W/BUN 3/4 C BROCCOLI 1/2 C APPLESAUCE KETCHUP & MUSTARD MILK	WGR CHEESE PIZZA 3/4 C COOKED CARROTS 1/2 C PEACHES MILK	CHEESEBURGER WGR BUN 3/4 C BAKED BEANS 1/2 C MANDARIN ORANGES KETCHUP & MUSTARD MILK	IN-SERVICE NO STUDENTS
21	22	23	24	25
PASTA & MEATBALL BAKE 3/4 C GREEN BEANS FRESH APPLE MILK	GRILLED CHICKEN ON WGR BUN 3/4 C TATER GEMS 1/2 C APPLESAUCE MILK	WGR CHEESE PIZZA 3/4 COOKED CARROTS 1/2 C PEACHES MILK	CHICKEN CORN DOG 3/4 C BAKED BEANS 1/2 C MANDARIN ORANGES MILK	ORANGE CHICKEN OVER VEGGIE FRIED RICE 3/4 C BROCCOLI 1/2 C PEARS MILK
28	29	30	MAY 1ST	MAY 2ND
3 CHICKEN TENDERS 1 SLC WGR BREAD 3/4 C GREEN BEANS FRESH APPLE MARGARINE & BBQ SAUCE MILK	CHICKEN PATTY WGR BUN 3/4 C BAKED BEANS BBQ SAUCE 1/2 C APPLESAUCE MILK	WGR CHEESE PIZZA 3/4 COOKED CARROTS 1/2 C PEACHES MILK	CHICKEN TENDERS & WAFFLES 3/4 C ROASTED POTATOES 1/2 C MANDARIN ORANGES SYRUP MILK	GRILLED CHEESE SANDWICH 3/4 C BROCCOLI 1/2 C PEARS MILK

SERVING SIZES: 2 OZ. WG, 2 OZ. PROTEIN, 1/2 C FRUIT OR JUICE
3/4 C VEGETABLE, 8 OZ SKIM OR 1% MILK
CALORIES NOT TO EXCEED 650, SATURATED FAT NOT TO EXCEED MORE THAN 10% WEEKLY CALORIES