



2016 BREAKFAST

Monday

1
Corn Flakes 3/4 cup
apple fresh 4oz
milk 1% 8oz

Tuesday

2
Wholegrain Blueberry
Muffin
clementine fresh 4oz
milk 1% 8oz

Wednesday

3
2 Wholegrain Waffle
w/PC Syrup
pear fresh 4oz
milk 1% 8oz

Thursday

4
2 Bagel W/ Cream cheese
banana fresh 4oz
milk 1% 8oz

Friday

5
2 Wholegrain Pancake
w/PC Syrup
orange fresh 4oz
milk 1% 8oz

8
Whole Wheat Cereal 3/4 cup
clementine fresh 4oz
milk 1% 8oz

9
Wholegrain Corn Muffin
peach fresh 4oz
milk 1% 8oz

10
2 Wholegrain French Toast
w/PC Syrup
orange fresh 4oz
milk 1% 8oz

11
2 Wholegrain Raisin Bread
banana fresh 4oz
milk 1% 8oz

12
2 Wholegrain Waffle
w/PC Syrup
pear fresh 4oz
milk 1% 8oz

15
Toastie Oats 3/4 cup
apple fresh 4oz
milk 1% 8oz

16
Wholegrain Blueberry Muffin
clementine fresh 4oz
milk 1% 8oz

17
2 Wholegrain Pancakes
w/PC Syrup
orange fresh 4oz
milk 1% 8oz

18
Bran Flakes
banana fresh 4oz
milk 1% 8oz

19
2 Wholegrain Waffles
w/PC Syrup
pear fresh 4oz
milk 1% 8oz

22
Corn Flakes 3/4 cup
apple fresh 4oz
milk 1% 8oz

23
W/G Corn Muffin
orange fresh 4oz
milk 1% 8oz

24
2 Wholegrain Raisin Bread
banana fresh 4oz
milk 1% 8oz

25
Bran Flakes
clementine fresh 4oz
milk 1% 8oz

26
2 Wholegrain Waffle
w/PC Syrup
pear fresh 4oz
milk 1% 8oz

29
Whole Wheat Cereal 3/4 cup
clementine fresh 4oz
milk 1% 8oz

30
Wholegrain Corn Muffin
peach fresh 4oz
milk 1% 8oz

31
2 Wholegrain French Toast
w/PC Syrup
orange fresh 4oz
milk 1% 8oz

*Menu subject to change due to the availability of items. Comparable substitutions will be made. All items meet CN requirements



2016 SNACK

Monday		Tuesday		Wednesday		Thursday		Friday	
1	Low Fat Yogurt 100%apple juice 6 oz.	2	Assorted Graham Crackers 100% grape juice 6 oz.	3	Cheese Itz Crackers 100%apple juice 6 oz.	4	Wheat Thin Crackers 100%Orangepineapple juice 6 oz	5	Apple Sauce Low sod. crackers water 6 oz.
8	Low Fat Yogurt 100%grape juice 6 oz.	9	String Cheese 100%Orangepineapple juice 6 oz.	10	Cheddar Cheese Crackers 100%Orangepineapple juice 6 oz.	11	Whole Grain Animal Crackers 100%orange juice 6 oz.	12	Apple Fruit Bar 100%apple juice 6 oz.
15	Low Fat Yogurt 100%orange juice 6 oz.	16	Assorted Graham Crackers 100% grape juice 6 oz.	17	Cheese Itz Crackers 100%apple juice 6 oz.	18	Wheat Thin Crackers 100%Orangepineapple juice 6 oz	19	Apple Sauce Low sod. crackers water 6 oz.
22	Low Fat Yogurt 100%apple juice 6 oz.	23	Wheat Thins 100% grape juice 6 oz.	24	Whole Grain Animal Crackers 100%Orangepineapple juice 6 oz.	25	String Cheese 100%Orangepineapple juice 6 oz.	26	Apple Fruit Bar 100%apple juice 6 oz.
29	Low Fat Yogurt 100%apple juice 6 oz.	30	Animal Crackers 100%Orangepineapple juice 6 oz..	31	Cheese Itz Crackers 100%apple juice 6 oz.	*Menu subject to change due to the availability of items. Comparable substitutions will be made. All items meet CN requirements			



2016 LUNCH
Friday

Monday

Tuesday

Wednesday

Thursday

Friday

<p>1 Chicken Tenders 3.5 oz. CN Mixed Vegetables 3/4 cup 1-whole wheat bread milk 1% 8 oz./Apple</p>	<p>2 Veggie Burger 3.5 oz. Corn 3/4 cup 1-Whole Wheat Bun milk 1% 8 oz./Banana</p>	<p>3 Homemade Sandwiches Meat Turkey 3.5 oz. Cheese 2 oz. /Tossed Salad 2 oz. 2-whole wheat bread milk 1% 8 oz./nectarine</p>	<p>4 Baked Chicken Thighs 3.5 oz. Peas & Carrots 2 oz. Yellow Rice 3/4 cup milk 1% 8 oz./Orange</p>	<p>5 Stuffed Shells 2 oz. Ricotta Cheese 2 oz. Marinara Sauce 1/4 cup Peas 3/4 cup 1-whole wheat bread 1% & Fat Free Milk 8 oz.</p>
<p>8 Chicken Nuggets 3.5 oz. CN Peas 3/4 cup 1-whole wheat bread milk 1% 8 oz./Apple</p>	<p>9 BBQ Chicken 3.5 oz. Broccoli 3/4 cup milk 1% 8 oz./Orange 1-whole wheat bread</p>	<p>10 Chicken Breast Fillet 3.5 oz. Oriental Vegetables 3/4 cup milk 1% 8 oz./pear 1-whole wheat bread</p>	<p>11 Baked Ziti 5 oz. Cauliflower 3/4 cup 1-Whole Wheat Bread milk 1% 8 oz./plum</p>	<p>12 Fish Fillet 3.5 oz. Carrot Sticks 3/4 cup 1-Whole Wheat Bread milk 1% 8 oz./peach</p>
<p>15 Chicken Tenders 3.5 oz. CN Mixed Vegetables 3/4 cup 1-whole wheat bread milk 1% 8 oz./Apple</p>	<p>16 Homemade Sandwiches Meat Turkey 3.5 oz. Cheese 2 oz. Tossed Salad 2 oz. 2-whole wheat bread milk 1% 8 oz./tangerine</p>	<p>17 Grilled Chicken Breast W/ BBQ Sauce 3.5 oz. Green Beans 3/4 cup 1-whole wheat bread milk 1% 8 oz./Pear</p>	<p>18 Stuffed Shells 2 oz. Ricotta Cheese 2 oz. Marinara Sauce 1/4 cup Peas 3/4 cup 1-whole wheat bread 1% & Fat Free Milk 8 oz.</p>	<p>19 Veggie Burger 3.5 oz. Corn 3/4 cup 1-Whole Wheat Bun milk 1% 8 oz./Plum</p>
<p>22 Chicken Nuggets 3.5 oz. CN Peas 3/4 cup 1-whole wheat bread milk 1% 8 oz./Apple</p>	<p>23 Diced Chicken 3.5 oz. Noodles 2 oz. Oriental Vegetables 3/4 cup milk 1% 8 oz./Pear 1-whole wheat bread</p>	<p>24 HM Cheese Tortellini 5.5 oz. Green Beans 3/4 cup milk 1% 8 oz./Pear 1-whole wheat bread</p>	<p>25 BBQ Chicken 3.5 oz. Broccoli 3/4 cup milk 1% 8 oz./Orange 1-whole wheat bread</p>	<p>26 Fish Fillet 3.5 oz. Carrot Sticks 3/4 cup 1-Whole Wheat Bread milk 1% 8 oz./peach</p>
<p>29 Chicken Tenders 3.5 oz. CN Sliced Carrots 3/4 cup 1-whole wheat bread milk 1% 8 oz./Apple</p>	<p>30 Meat Sauce 3.5 oz. Elbow Pasta 3/4 cup Peas 3/4 cups milk 1% 8 oz./banana 1-whole wheat brea</p>	<p>31 Diced Chicken 3.5 oz. Noodles 2 oz. Oriental Vegetables 3/4 cup milk 1% 8 oz./Pear 1-whole wheat bread</p>	<p>*Menu subject to change due to the availability of items. Comparable substitutions will be made. All items meet CN requirements</p>	