



## 2016 BREAKFAST


**Monday**

**Tuesday**

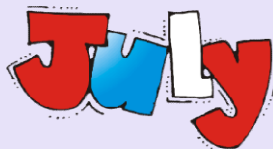
**Wednesday**


**Thursday**

**Friday**

<p>*Menu subject to change due to the availability of items. Comparable substitutions will be made. All items meet CN requirements</p>				<p><b>1</b> 2 Wholegrain Pancake w/PC Syrup orange fresh 4oz milk 1% 8oz</p>
<p><b>4</b> </p>	<p><b>5</b> Wholegrain Corn Muffin peach fresh 4oz milk 1% 8oz</p>	<p><b>6</b> 2 Wholegrain French Toast w/PC Syrup orange fresh 4oz milk 1% 8oz</p>	<p><b>7</b> 2 Wholegrain Raisin Bread banana fresh 4oz milk 1% 8oz</p>	<p><b>8</b> 2 Wholegrain Waffle w/PC Syrup pear fresh 4oz milk 1% 8oz</p>
<p><b>11</b> Toastie Oats 3/4 cup Hard Boiled Egg 4oz apple fresh 4oz milk 1% 8oz</p>	<p><b>12</b> Wholegrain Blueberry Muffin clementine fresh 4oz milk 1% 8oz</p>	<p><b>13</b> 2 Wholegrain Pancakes w/PC Syrup orange fresh 4oz milk 1% 8oz</p>	<p><b>14</b> Bran Flakes Hard Boiled Egg 4oz banana fresh 4oz milk 1% 8oz</p>	<p><b>15</b> 2 Wholegrain Waffles w/PC Syrup pear fresh 4oz milk 1% 8oz</p>
<p><b>18</b> Corn Flakes 3/4 cup Hard Boiled Egg 4oz apple fresh 4oz milk 1% 8oz</p>	<p><b>19</b> W/G Corn Muffin orange fresh 4oz milk 1% 8oz</p>	<p><b>20</b> 2 Wholegrain Raisin Bread banana fresh 4oz milk 1% 8oz</p>	<p><b>21</b> Bran Flakes Hard Boiled Egg 4oz clementine fresh 4oz milk 1% 8oz</p>	<p><b>22</b> 2 Wholegrain Waffle w/PC Syrup pear fresh 4oz milk 1% 8oz</p>
<p><b>25</b> Whole Wheat Cereal 3/4 cup Hard Boiled Egg 4oz clementine fresh 4oz milk 1% 8oz</p>	<p><b>26</b> Wholegrain Corn Muffin peach fresh 4oz milk 1% 8oz</p>	<p><b>27</b> 2 Wholegrain French Toast w/PC Syrup orange fresh 4oz milk 1% 8oz</p>	<p><b>28</b> 2 Bagel W/ Cream cheese Nectarine fresh 4oz milk 1% 8oz</p>	<p><b>29</b> 2 Wholegrain Pancake w/PC Syrup orange fresh 4oz milk 1% 8oz</p>

**2016 SNACK**



Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Menu subject to change due to the availability of items. Comparable substitutions will be made. All items meet CN requirements</p>				<p><b>1</b>  Apple Sauce Low sod. crackers water 6 oz.</p>
<p><b>4</b></p> 	<p><b>5</b>  Graham Crackers 100% grape juice 6 oz.</p>	<p><b>6</b>  Cheddar Cheese Crackers 100%Orangepineapple juice 6 oz.</p>	<p><b>7</b>  Wheat Thin Crackers 100%Orangepineapple juice 6 oz.</p>	<p><b>8</b>  Apple Fruit Bar 100%apple juice 6 oz.</p>
<p><b>11</b>  Low Fat Yogurt 100%orange juice 6 oz.</p>	<p><b>12</b>  String Cheese 100%Orangepineapple juice 6 oz.</p>	<p><b>13</b>  Cheese Itz Crackers 100%apple juice 6 oz.</p>	<p><b>14</b>  Whole Grain Animal Crackers 100%orange juice 6 oz.</p>	<p><b>15</b>  Apple Sauce Low sod. crackers water 6 oz.</p>
<p><b>18</b>  Low Fat Yogurt 100%apple juice 6 oz.</p>	<p><b>19</b>  Graham Crackers 100% grape juice 6 oz.</p>	<p><b>20</b>  Whole Grain Animal Crackers 100%Orangepineapple juice 6 oz.</p>	<p><b>21</b>  String Cheese 100%Orangepineapple juice 6 oz.</p>	<p><b>22</b>  Apple Fruit Bar 100%apple juice 6 oz.</p>
<p><b>25</b>  Low Fat Yogurt 100%apple juice 6 oz.</p>	<p><b>26</b>  Graham Crackers 100% grape juice 6 oz.</p>	<p><b>27</b>  Cheese Itz Crackers 100%apple juice 6 oz.</p>	<p><b>28</b>  Whole Grain Animal Crackers 100%orange juice 6 oz.</p>	<p><b>29</b>  Apple Sauce Low sod. crackers water 6 oz.</p>



**2016 LUNCH**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

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

**1**  
**Cheese/Tomato**  
**Pizza CN 6 oz.**  
**Tossed Salad 3/4 cup**  
**milk 1% 8 oz./pear**



**5**  
Chicken Caesar Salad  
Diced Chicken 3.5 oz.  
Romaine Lettuce 3/4 cup  
1-pc Ranch Dressing  
1-whole wheat bread  
milk 1% 8 oz./apple

**6**  
Stuffed Shells 2 oz.  
Ricotta Cheese 2 oz.  
Marinara Sauce 1/4 cup  
Broccoli 3/4 cup  
1-whole wheat bread  
milk 1% 8 oz./pear

**7**  
Baked Chicken Thighs 3.5 oz.  
Mixed Vegetables 2 oz.  
Yellow Rice 3/4 cup  
milk 1% 8 oz./Orange

**8**  
Fish Fillet 3.5 oz.  
Carrot Sticks 3/4 cup  
1-Whole Wheat Bread  
milk 1% 8 oz./peach

**11**  
**Chicken Nuggets 3.5 oz. CN**  
**Peas 3/4 cup**  
**1-whole wheat bread**  
**milk 1% 8 oz./Apple**

**12**  
Homemade Sandwiches  
Sliced Turkey 3.5 oz.  
Cheese 2 oz. /Tossed Salad 2 oz.  
2-whole wheat bread  
milk 1% 8 oz./peach

**13**  
Chicken Breast Fillet 3.5 oz.  
Oriental Vegetables 3/4 cup  
milk 1% 8 oz./pear  
1-whole wheat bread

**14**  
Baked Ziti 5 oz.  
Sliced Carrots 3/4 cup  
1-Whole Wheat Bread  
milk 1% 8 oz./plum

**15**  
Veggie Burger 3.5 oz.  
Tots 2 oz.  
Tossed Salad 3/4 cup  
1-Whole Wheat Bun  
milk 1% 8 oz./Plum

**18**  
**Chicken Tenders 3.5 oz. CN**  
**Mixed Vegetables 3/4 cup**  
**1-whole wheat bread**  
**milk 1% 8 oz./Apple**

**19**  
Chicken Caesar Salad  
Diced Chicken 3.5 oz.  
Romaine Lettuce 3/4 cup  
1-pc Ranch Dressing  
1-whole wheat bread  
milk 1% 8 oz./apple

**20**  
Grilled Chicken Breast  
W/ BBQ Sauce 3.5 oz.  
Green Beans 3/4 cup  
1-whole wheat bread  
milk 1% 8 oz./Pear

**21**  
Mac & Cheese 5 oz.  
Broccoli 3/4 cup  
1-Whole Wheat Bread  
milk 1% 8 oz./orange

**22**  
Fish Fillet 3.5 oz.  
Carrot Sticks 3/4 cup  
1-Whole Wheat Bread  
milk 1% 8 oz./peach

**25**  
**Chicken Nuggets 3.5 oz. CN**  
**Peas 3/4 cup**  
**1-whole wheat bread**  
**milk 1% 8 oz./Apple**

**26**  
Homemade Sandwiches  
Sliced Turkey 3.5 oz.  
Cheese 2 oz. /Tossed Salad 2 oz.  
2-whole wheat bread  
milk 1% 8 oz./peach

**27**  
HM Cheese Tortellini 5.5 oz.  
Green Beans 3/4 cup  
milk 1% 8 oz./Pear  
1-whole wheat bread

**28**  
BBQ Chicken 3.5 oz.  
Broccoli 3/4 cup  
milk 1% 8 oz./Orange  
1-whole wheat bread

**29**  
**Homemade**  
**Chicken Taquito 3.5 oz.**  
**Corn Fiesta 2 oz.**  
**milk 1% 8 oz./tangerine**