


* **WG**- Whole Grain

* This institution is an equal opportunity provider

Monday	Tuesday	Wednesday	Thursday	Friday
		1) Center Closed 	2) AM: Pancakes/ Milk LUNCH: WG Bean & Cheese Burrito/ green beans/ grapes/ Milk SUB- Bean Burrito PM: Nilla Wafers/ Juice	3) AM: WG Cheerios/ Milk LUNCH: Shepherd's Pie/ corn/ Banans/ Milk PM: An. Crackers/ Juice *VACA Early Day
6) AM: WG Oatmeal/ Milk LUNCH: Alfredo Pasta/ Broccoli/ apples/ Milk SUB- Butter Noodles/ banana PM: Yogurt/ fruit/ Juice	7) AM: Cheesy Eng. Muffin/ Milk SUB- Toasted Eng Muffin LUNCH: Stir Fry / apple sauce/ Milk SUB- grapes PM: WG Chex Mix	8) AM: WG Oatmeal/ Milk LUNCH: Lunchables (crackers/turkey/ cheese)/ celery/ oranges/ milk SUB- apples/ bananas PM: Goldfish/ juice	9) AM: Waffles/ milk LUNCH: Tater Tot casserole/ corn/ banana/ milk SUB- peas and carrots PM: WG Wheat thins/ juice	10) AM: Grah. Cracker/ milk LUNCH: WG Turkey sandwiches/ carrots/ grapes/ milk PM: Cheeze-its/ juice *VACA Early Day
13) AM: WG Cheerios/ Milk LUNCH: Mac & Cheese/ Green beans/ apples/ Milk SUB- Butter Noodles/grapes PM: An. Crackers/ juice	14) AM: WG Toast w/ jelly/ Milk LUNCH: WG Chicken Salad Sandwich/ grapes/ celery/ milk PM: Nilla wafers/ juice	15) AM: WG Tortilla w/ cream cheese/ Milk LUNCH: WG Bean & Cheese Burrito/ green beans/ grapes/ Milk SUB- Bean Burrito PM: WG Chex Mix/ juice	16) AM: Grah. Cracker/ milk LUNCH: Lunchables (crackers/turkey/ cheese)/ celery/ oranges/ milk SUB- apples PM: WG Wheat thins w/ sliced cheese / juice	17) AM: WG Cereal/ Milk LUNCH: Chili/ crackers/ broccoli/ oranges SUB- apples PM: An. Crackers/ juice *VACA Early Day
20) AM: WG Cheerios/ Milk LUNCH: Spaghetti/ corn/ apple/ milk SUB- Butter Noodles/bananas PM: WG Chex Mix/ juice * NO SCHOOL*	21) AM: WG Cheesy toast/ Milk LUNCH: WG Turkey Sandwich/ carrots/ bananas/ milk PM: Goldfish/ juice	22) AM: WG Oatmeal/ Milk LUNCH: Chicken Alfredo/ Green beans/ oranges/ milk SUB- apples PM: WG Popcorn/ juice	23) AM: WG Cereal/ Milk LUNCH: Tater Tot casserole/ corn/ apples/ milk SUB- oranges PM: Cheeze-its/ juice	24) AM: Grah. Cracker/ milk LUNCH: Chicken & rice/ pea & carrots/ grapes/ milk PM: WG Wheat thins w/ cream cheese / juice *VACA Early Day
27) AM: An. Crackers/ Milk LUNCH: WG Bean & Cheese Burrito/ corn/ apples/ Milk SUB- Bean Burrito/ green beans/ grapes PM: WG Popcorn/ juice	28) AM: WG Cheerios/ Milk LUNCH: Chicken Salad/ crackers/ celery/ oranges/ milk SUB- apples PM: Cheeze-its/ juice	29) Am: WG Tortilla w/ cream cheese/ Milk LUNCH: Chili/ crackers/ broccoli/ oranges PM: WG Chex Mix/ juice	30) AM: WG Cheesy toast/ Milk LUNCH: WG Turkey Sandwich/ carrots/ bananas/ PM: Nilla wafers/ juice	31) AM: WG Oatmeal/ Milk LUNCH: Mac & Cheese/ peas/ apples/ Milk SUB- Butter Noodles/ grapes PM: Goldfish/ juice *VACA Early Day

Accommodations to provide safe and nutritious meals for students with Allergies and/or Dietary restrictions are monitored daily.

Substitutions/ Meal alternatives are listed below:

- WG Bean Burritos
- Noodles with Butter
- Bananas
- Grapes
- Apples

