

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2		3		4		5		6	
Kid Fav Whole Grain Creamy Mac n' Cheese ½ c California Blended Mixed Vegetables ¼ c Veggie: Mac n' Cheese Fresh or Chilled Fruit		Whole Grain Breaded Chicken Nuggets 4 ea Sweet Yellow Corn ¼ c Veggie: Morningstar Chik Nuggets Fresh or Chilled Fruit		Teriyaki Glazed Chicken Strips 2 oz w/ Whole Grain Rice ¼ c Hot Cooked Baby Peas ¼ c Veggie: Veggie Teriyaki Glazed Chik Strips Fresh or Chilled Fruit		Whole Grain Chicken & Cheddar Cheese Quesadilla 1ea Hot Green Beans ½ c Veggie: Whole Grain Cheddar Cheese Quesadilla Fresh or Chilled Fruit		Italian Whole Grain Cavatappi Pasta w/ Vegetarian Meatless Sauce ½ c; Two Way Mixed Diced Carrot & Peas Veggies ¼ c; Veggie: Cavatappi w/ Marinara Fresh or Chilled Fruit	
9		10		11		12		13	
Seasoned Beef Taco 2 oz Whole Grain Tortilla 1 ea w/ Cheddar Cheese Sweet Yellow Corn ¼ c Veggie: Refried Beans & Tortilla Fruit or Chilled Fruit		Whole Grain Breaded Chicken Patty on Whole Grain Bun 1 ea Sweet Baby Peas ¼ c Veggie: Morningstar Garden Burger Fresh or Chilled Fruit		“Breakfast For Lunch” Whole Grain Pancakes 2 ea w/ Syrup Chicken Sausage Patty 1 ea Cucumber Slices 3 ea w/ Ranch Dip; Veggie: Morningstar Breakfast Patty; Fresh Fruit		Salisbury Steak 1 ea w/ Gravy over Whole Grain Rice ¼ c Hot Cooked Carrot Coins ¼ c Veggie: Veggie Balls w/ Whole Grain Rice Fresh or Chilled Fruit		Whole Grain Breaded Chicken Tenders 3 ea Five Way Blend Hot Mixed Vegetables ¼ c; Veggie: Morningstar Chik Tenders Fresh or Chilled Fruit	
16		17		18		19		20	
BYO Whole Grain Pita Pizza: 2 Pita Rounds, 2 oz Pizza Cheese, 1 oz Pizza Sauce Fresh Tossed Mixed Salad ¼ c w/ Ranch Dressing; Veggie: BYO Pizza; Fresh or Chilled Fruit		Home-Style Turkey Meatballs 3 ea over Enriched Mashed Potatoes ¼ c; Five Way Blend Hot Mixed Vegetables ¼ c Veggie: Plant Based Balls w/ Mashed Potatoes; Fresh Fruit		Classic Cheesy Whole Grain Baked Ziti ½ c Topped w/ Shredded Mozzarella Cheese Hot Green Beans ¼ c Veggie: Cheesy Baked Ziti Fresh or Chilled Fruit		Garlic Parmesan Chicken Breast 1 ea over Whole Grain Rice ¼ c Two Way Mixed Diced Carrots & Corn Vegetables ¼ c Veggie: Garlic Parm Chik Strips w/ Whole Grain Rice; Fresh Fruit		Italian Meatball 3 ea Sub ½ ea Topped w/ Mozzarella Cheese Fresh Tossed Mixed Salad ¼ c w/ Ranch Dressing; Veggie: Italian Vegetable Ball Sub Fresh or Chilled Fruit	
23		24		25		26		27	
Whole Grain Breaded Chicken Nuggets 4 ea Sweet Yellow Corn ¼ c Veggie: Morningstar Chik Nuggets Fresh or Chilled Fruit		Whole Grain Four Cheese Ravioli ½ c w/ Marinara Italian Blend Vegetables ¼ c Veggie: Whole Grain Four Cheese Ravioli ½ c w/ Marinara Fresh or Chilled Fruit		Hawaiian Turkey Meatballs 3 ea over Enriched Whole Grain Rice ¼ c; Hot Diced Carrots ¼ c Veggie: Hawaiian Veggie Balls w/ Enriched Whole Grain Rice Fresh or Chilled Fruit		“Breakfast For Lunch” French Toast Sticks 3 ea w/ Syrup Chicken Sausage Patty 1 ea Cucumber Slices 3 ea w/ Ranch Dip; Veggie: Morningstar Breakfast Patty; Fresh Fruit		Fresh Grilled Beef Hamburger Patty on Whole Grain Bun 1 ea Sweet Yellow Corn ¼ c Veggie: Black Bean Burger on Whole Grain Bun Fresh or Chilled Fruit	
30		31							
Kid Fav Whole Grain Creamy Mac n' Cheese ½ c California Blended Mixed Vegetables ¼ c Veggie: Mac n' Cheese Fresh or Chilled Fruit		Korean BBQ Chicken Strips 2 oz w/ Whole Grain Rice ¼ c Hot Cooked Baby Peas ¼ c Veggie: Veggie Korean BBQ Glazed Chik Strips Fresh or Chilled Fruit		THIS MENU DOES NOT CONTAIN PEANUT OR PEANUT PRODUCTS		SHG is an equal opp. provider. All meals conform to grain requirements of ½ oz equivalent.		All Lunches Served with a Fresh Fruit: Apples, Cantaloupe, Watermelon, Honeydew, Banana, Orange Wedges, Pineapple	