 EMPOWERED.

| Monday | Tuesday | Wednesday | Thursday | Friday |
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|  |  |  |  |  |
| 03 Turkey on Oat Bread Sliced Turkey, $20 z$ Provolone Cheese, 1 loz WG Oat Bread, 2 oz Fresh Vegetable Sticks, 1/2c Flavored Applesauce, 1/2c Low-Fat Mayo, 1ea Low-Fat Ranch, lea 1\% White Milk, $80 z$ <br> \# of Leftovers $\square$ | 04 It's Brunch Time! Hardboiled Egg, lea Strawberry Yogurt, 4oz WG Blueberry Muffin, $20 z$ Fresh Carrots, 1/2c Whole Plum, $1 / 4 c$ Low-Fat Ranch, lea FF Chocolate Milk, 8oz | 05 Chicken Dippers <br> WG Breaded Nuggets, 3oz (5) <br> WG Sun Chips, $10 z$ <br> Fresh Broccoli, 1/4c <br> Fresh Watermelon, 1/2c <br> BBQ Sauce, 1ea <br> Ketchup, 1ea <br> Low-Fat Ranch, lea <br> 1\% White Milk, $80 z$ <br> \# of Leftovers | 06 Flatbread Pizza Stacker <br> WG Flatbread, $20 z$ <br> Mozzarella Cheese, $20 z$ <br> Turkey Pepperoni, $20 z$ <br> Marinara Sauce, $10 z$ <br> Fresh Green Pepper Slices, 1/3c <br> Fresh Whole Pear, 1/2c <br> FF Chocolate Milk, 8 oz $\square$ | 07 Nacho Day <br> Grilled Chicken, $20 z$ <br> Cheddar Cheese, loz <br> WG Tortilla Chips, $10 z$ <br> Red Salsa, 1/2c <br> Fresh Strawberries, 1/2c <br> Sour Cream, 1ea <br> Taco Sauce, 1ea <br> 1\% White Milk, $80 z$ |
| 10 Café Turkey Club Sliced Turkey, 2.5 oz American Cheese .5oz WG Bread, $20 z$ (2ea) Dill Pickle, 1/4c Whole Apple, 1/2c, Low-Fat Mayo, 1ea Mustard, 1ea FF Chocolate Milk, $80 z$ | 11 Walking Taco <br> Grilled Chicken, 2 oz <br> Cheddar Cheese, 1oz <br> WG Nacho Doritos, loz <br> Salsa, 1/2c <br> Whole Peach, $1 / 2 c$ <br> Taco Sauce, 1ea <br> 1\% White Milk, $80 z$ <br> \# of Leftovers | 12 Breakfast for Lunch <br> Peach Yogurt, $80 z$ <br> WG Honey Scooters Cereal, loz <br> Fresh Strawberries, 1/2c <br> Whole Orange, 1/2c <br> 1\% White Milk, $80 z$ <br> \# of Leftovers | 13 Grilled Chicken Salad <br> Grilled Chicken, 2 oz <br> Cheese Cubes, 10 z <br> WG Dinner Roll, toz <br> WG Croutons, 250 oz (1ea) <br> Romaine Lettuce, 3/4c <br> Fresh Grapes, 1/2c <br> Low-Fat Ranch, lea <br> FF Chocolate Milk, $80 z$ <br> \# of Leftovers | 14 Bagel Day WG Plain Bagel, $20 z$ (1ea) Mozz Cheese Stick, loz (1) WOW Butter, 1.1oz Fresh Celery, 1/2c Fresh Blueberries, 1/4c Cream Cheese, 1ea FF Chocolate Milk, 8oz |
| 17 Sunbutter Sandwich Sunbutter Sandwich, 2.6oz Mozzarella Stick, $10 z$ WG Cheddar Crackers, . 75 oz Fresh Broccoli, 1/2c Whole Apple, 1/2c 1\% White Milk, $80 z$ | 18 Cracker Stacker <br> Turkey Ham Squares, $20 z$ <br> Cheese Cubes, 10 z <br> WG Crackers, .7oz (3ea) <br> Fresh Carrots, 1/2c <br> Fresh Plum, 1/2c <br> Low-Fat Ranch, lea <br> FF Chocolate Milk, 8oz $\square$ | 19 Parfait Day <br> Vanilla Yogurt, 4oz <br> Sunflower Seeds, $10 z$ (1ea) <br> WG Granola, 1oz <br> Diced Peaches, $1 / 2 \mathrm{c}$ <br> Fresh Blueberries, 1/4c <br> FF Chocolate Milk, $80 z$ <br> \# of Leftovers $\square$ | 20 Chopped Salad <br> Mozz Cheese Stick, 2 oz (2) WG Breadstick 1oz, (1ea) WG Croutons, 250 oz (1ea) <br> Chopped Lettuce, 3/4c <br> Fresh Grapes, 1/2c <br> Marinara Sauce, loz <br> Low-Fat Ranch, 1ea <br> 1\% White Milk, $80 z$ <br> \# of Leftovers | 21 Ham and Swiss Sliced Turkey Ham, $20 z$ Colby Jack Cheese, . 750 z WG Pretzel Roll, $20 z$ Fresh Carrots 1/4c Fresh Cantaloupe, 1/2c Mustard, 1ea Low-Fat Ranch, lea 1\% White Milk, $80 z$ |
| 24 Bite Size Day <br> Turkey Bites, 1oz Cheese Stick, loz WG Pretzels, $70 z$ (1ea) Fresh Grape Tomatoes, 1/4c Fresh Plum, 1/2c Low-Fat Ranch, lea FF Chocolate Milk, 8oz $\square$ | 25 Turkey on Oat Bread <br> Sliced Turkey, 2oz <br> Provolone Cheese, $10 z$ <br> WG Oat Bread, 20 z <br> Fresh Vegetable Sticks, 1/2c <br> Flavored Applesauce, 1/2c <br> Low-Fat Mayo, 1ea <br> Low-Fat Ranch, 1ea <br> 1\% White Milk, 8oz <br> \# of Leftovers | 26 Southwest Pita <br> Grilled Chicken, $20 z$ <br> Cheddar Cheese, 1oz <br> WG Pita, 1oz (1ea) <br> WG Croutons, $.250 z$ (1ea) <br> Fresh Bell Peppers, 1/4c <br> Whole Nectarine, 1/2c <br> Taco Sauce, 1ea <br> FF Chocolate Milk, 8oz <br> \# of Leftovers $\square$ | 27 It's Brunch Time! <br> Hardboiled Egg, lea Strawberry Yogurt, 4oz <br> WG Blueberry Muffin, 2 zz <br> Fresh Carrots, 1/2c <br> Whole Plum, $1 / 4 \mathrm{c}$ <br> Low-Fat Ranch, 1ea <br> 1\% White Milk, $80 z$ <br> \# of Leftovers | 28 Flatbread Pizza Stacker <br> WG Flatbread, $20 z$ <br> Mozzarella Cheese, $20 z$ <br> Turkey Pepperoni, $20 z$ <br> Marinara Sauce, $10 z$ <br> Fresh Green Pepper Slices, 1/3c <br> Fresh Whole Pear, 1/2c <br> FF Chocolate Milk, $80 z$ <br> \# of Leftovers $\square$ |

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