

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>-Choose 1 Protein & Grain- Macaroni & Cheese w/ Garlic Bread Honey Fire Chicken w/ Rice w/ Garlic Bread Pepperoni & Cheese Calzone w/ Dipping Sauce SunWise Sandwich & Cheese Stick w/ Crackers -Add- Teriyaki Sugar Snap Blend -Garden Vegetable Bar- Greek Salad Baby Carrots Garbanzo Beans -Choose 1/2 Cup Fruit- Chilled Pineapple Chunks Apple Wedges</p>	<p>3</p> <p>-Choose 1 Protein & Grain- Beef Nachos w/ Cheese Sauce Cheese Pizza BBQ Pulled Pork/ Bun SunWise Sandwich & Cheese Stick w/ Crackers -Add- Baked Plantains -Garden Vegetable Bar- Creamy Cole Slaw Tossed Salad Grape Tomatoes -Choose 1/2 Cup Fruit- Chilled Mandarin Oranges Pear Wedges</p>	<p>4</p> <p>-Choose 1 Protein & Grain- Cheese Quesadilla Corn Dog Nuggets Spaghetti w/ Meat Sauce w/ Garlic Bread SunWise Sandwich & Cheese Stick w/ Crackers -Add- Steamed Broccoli -Garden Vegetable Bar- Pomegranate Blueberry Spinach Salad Cucumber Slices Pumpkin Souffle' -Choose 1/2 Cup Fruit- Chilled Mixed Fruit Kiwi Wedges</p>	<p>5</p> <p>Breakfast for Lunch! -Choose 1 Protein & Grain- Chicken & Waffles Blueberry Mini Pancakes w/ Sausage Links Western Omelet w/ Nutri-Grain Bar SunWise Sandwich & Cheese Stick w/ Crackers -Add- Roasted Sweet Potatoes & Apples -Garden Vegetable Bar- Greek Salad Sunny Broccoli & Cauliflower Toss Celery Sticks -Choose 1/2 Cup Fruit- Chilled Pears & Red Grapes Fresh Melon</p>	<p>6</p> <p>-Choose 1 Protein & Grain- Spicy Chicken w/ Bun Chicken Enchilada Fish Nuggets w/ Cinnamon Bread SunWise Sandwich & Cheese Stick w/ Crackers -Add- Baked Beans Kickin' Roasted Veggies -Garden Vegetable Bar- Tossed Salad Sliced Tomatoes Pickles -Choose 1/2 Cup Fruit- Fresh Apple Graham Banana Bites</p>
<p>9</p>	<p>10</p> <p>-Choose 1 Protein & Grain- Popcorn Chicken w/ Dinner Roll Southwest Pizza Zesty Meatloaf w/ Dinner Roll SunWise Sandwich & Cheese Stick w/ Crackers -Add- Mashed Potatoes w/ Gravy Stir Fried Cabbage -Garden Vegetable Bar- Tossed Salad Grape Tomatoes -Choose 1/2 Cup Fruit- Kiwi Wedges Fresh Grape Clusters</p>	<p>11</p> <p>-Choose 1 Protein & Grain- Chicken Teriyaki w/ Rice w/ Dinner Roll Ham & Cheese Pull-Apart Bread Sticks Vegetable Baked Ziti w/ Dinner Roll SunWise Sandwich & Cheese Stick w/ Crackers -Add- Sunshine Carrots -Garden Vegetable Bar- Super Food Salad Celery Sticks Cucumber Slices -Choose 1/2 Cup Fruit- Pear Wedges Frozen Fruit Juice Cup</p>	<p>12</p> <p>-Choose 1 Protein & Grain- Cheese Pizza Pepperoni Pizza Stuppy Joe Slider Buns (2) SunWise Sandwich & Cheese Stick w/ Crackers -Add- Green Beans -Garden Vegetable Bar- BLT Romaine Salad Creamy Cucumber Moons Broccoli Florets -Choose 1/2 Cup Fruit- Orange Wedges Strawberry Shortcake</p>	<p>13</p> <p>-Choose 1 Protein & Grain- Crispy Chicken w/ Bun Fish Nuggets w/ Twisted Cheese Bread Stick Grilled Cheese Sandwich SunWise Sandwich & Cheese Stick w/ Crackers -Add- Baked Beans -Garden Vegetable Bar- Greek Salad Sliced Tomatoes Pickles Baby Carrots -Choose 1/2 Cup Fruit- Chilled Peaches Fresh Banana</p>
<p>16</p> <p>-Choose 1 Protein & Grain- Macaroni & Cheese w/ Dinner Roll Morningstar Chik'n Nuggets w/ Dinner Roll Beef Burger w/ Bun SunWise Sandwich & Cheese Stick w/ Crackers -Add- Trees, Clouds and Sunshine -Garden Vegetable Bar- Tossed Salad Grape Tomatoes Roasted Chickpeas -Choose 1/2 Cup Fruit- Chilled Mandarin Oranges Fruit Salsa w/Graham Crackers</p>	<p>17</p> <p>-Choose 1 Protein & Grain- Chicken Tenders w/ Dinner Roll Italian Sausage Stuffed Pepper w/ Dinner Roll Cheese Quesadilla SunWise Sandwich & Cheese Stick w/ Crackers -Add- Mashed Potatoes w/ Gravy Locally Grown Confetti Collards -Garden Vegetable Bar- BLT Romaine Salad Sunny Broccoli & Cauliflower Toss -Choose 1/2 Cup Fruit- Chilled Peaches Apple Wedges</p>	<p>18</p> <p>-Choose 1 Protein & Grain- Beef Taco w/ Cheese Cheese Pizza Chicken Fajita w/ Cheese SunWise Sandwich & Cheese Stick w/ Crackers -Add- Rainbow Veggie Sticks -Garden Vegetable Bar- Fiesta Veggie Dip & Chips Corn Salad Lettuce & Tomato -Choose 1/2 Cup Fruit- Chilled Pears & Blueberries Orange Wedges</p>	<p>19</p> <p>-Choose 1 Protein & Grain- Cheesy Bread Corn Dog Nuggets Baked Ziti w/ Garlic Bread SunWise Sandwich & Cheese Stick w/ Crackers -Add- Green Beans -Garden Vegetable Bar- Pomegranate Blueberry Spinach Salad Baby Carrots Cucumber Slices -Choose 1/2 Cup Fruit- Chilled Mixed Fruit Fresh Strawberries</p>	<p>20</p> <p>-Choose 1 Protein & Grain- Crispy Chicken w/ Bun Teriyaki Chicken Drumstick w/ Banana Bread Tuna Salad w/ Sub Roll SunWise Sandwich & Cheese Stick w/ Crackers -Add- Curly Fries Broccoli Cheese Soup -Garden Vegetable Bar- Tossed Salad Sliced Tomatoes Pickles -Choose 1/2 Cup Fruit- Fresh Apple Honey Lime Fruit Toss</p>

23

-Choose 1 Protein & Grain-
 Pizza Sticks
 w/ Dipping Sauce
 Teriyaki Chicken Drumstick
 w/ Pasta & Flame Roasted
 Vegetables
 w/ Garlic Bread
 Vegetarian Stuffed Pepper
 w/ Garlic Bread
 SunWise Sandwich
 & Cheese Stick
 w/ Crackers
-Add-
 "Candy" Corn
-Garden Vegetable Bar-
 BLT Romaine Salad
 Baby Carrots
 Celery Sticks
-Choose 1/2 Cup Fruit-
 Chilled Pineapple Chunks
 Kiwi Wedges

24

-Choose 1 Protein & Grain-
 Popcorn Chicken
 w/ Dinner Roll
 Zesty Meatloaf
 w/ Dinner Roll
 Mini Calzones
 w/ Dipping Sauce
 SunWise Sandwich
 & Cheese Stick
 w/ Crackers
-Add-
 Mashed Potatoes
 w/ Gravy
 Locally Grown Roasted Acorn
 Squash
-Garden Vegetable Bar-
 Layered Lettuce Salad
 Cucumber Slices
-Choose 1/2 Cup Fruit-
 Orange Wedges
 Frozen Fruit Juice Cup

25

-Choose 1 Protein & Grain-
 Stuffed Crust Cheese Pizza
 Stuffed Crust Pepperoni Pizza
 Chicken Pot Pie
 SunWise Sandwich
 & Cheese Stick
 w/ Crackers
-Add-
 Green Beans
-Garden Vegetable Bar-
 Tossed Salad
 Grape Tomatoes
 Cauliflower Florets
-Choose 1/2 Cup Fruit-
 Apple Wedges
 Fresh Grape Clusters

26

-Choose 1 Protein & Grain-
 Cheeseburger Mac
 Cheesy Bread
 Beef Hot Dog
 w/ Bun
 w/ Chili
 SunWise Sandwich
 & Cheese Stick
 w/ Crackers
-Add-
 Baked Beans
-Garden Vegetable Bar-
 Greek Salad
 Baby Carrots
 Broccoli Florets
-Choose 1/2 Cup Fruit-
 Fresh Banana
 Fruit Crisp

27

-Choose 1 Protein & Grain-
 Crispy Chicken
 w/ Bun
 Cheeseburger/Bun
 Grilled Cheese Sandwich
 SunWise Sandwich
 & Cheese Stick
 w/ Crackers
-Add-
 Curly Fries
 Tomato Basil Soup
-Garden Vegetable Bar-
 Tossed Salad
 Sliced Tomatoes
 Pickles
-Choose 1/2 Cup Fruit-
 Fresh Apple
 Chilled Tropical Fruit Salad

30

-Choose 1 Protein & Grain-
 Macaroni & Cheese
 w/ Garlic Bread
 Honey Fire Chicken
 w/ Rice
 w/ Garlic Bread
 Pepperoni & Cheese Calzone
 w/ Dipping Sauce
 SunWise Sandwich
 & Cheese Stick
 w/ Crackers
-Add-
 Teriyaki Sugar Snap Blend
-Garden Vegetable Bar-
 Greek Salad
 Baby Carrots
 Garbanzo Beans
-Choose 1/2 Cup Fruit-
 Chilled Pineapple Chunks
 Apple Wedges

31

-Choose 1 Protein & Grain-
 Beef Nachos
 w/ Cheese Sauce
 Cheese Pizza
 BBQ Pulled Pork/ Bun
 SunWise Sandwich
 & Cheese Stick
 w/ Crackers
-Add-
 Baked Plantains
-Garden Vegetable Bar-
 Creamy Cole Slaw
 Tossed Salad
 Grape Tomatoes
-Choose 1/2 Cup Fruit-
 Chilled Mandarin Oranges
 Pear Wedges