


Monday	Tuesday	Wednesday	Thursday	Friday
	1 B – Eggs, toast, blackberries S – apples, pretzels L – Lentils, rice, corn, applesauce S – Trail Mix	2 B – Yogurt, strawberries, granola S – Cottage cheese, peaches L – Chili, corn bread, carrots, grapes S – Crackers, cheese, cucumbers	3 B – Pancakes, berries S- Cheese, pretzels L – Mini Pizza, olives, pineapple, broccoli S- Carrots, hummus	4 B – Muffin, fruit S – Rice cake, jelly, raisins L – Enchilada, green peppers, applesauce, S – Trail mix
7 B – Oatmeal, blueberries S – Strawberry, cream cheese sandwich L – Spaghetti, corn, grapes, apples S – Trail mix	8 B – Turkey sausage, strawberries, toast S – Cheese, crackers L – Chicken noodle soup, peas, apples S – Oranges, pretzels	9 B – Hashbrowns, eggs, blackberries S – Apples, cheese L – Turkey and cheddar wrap, applesauce, carrots S- Cottage cheese, pineapple	10 B – Whole wheat bagel, cream cheese, oranges S – Rice cake, jelly, raisins L – Grilled Cheese, tomato soup, corn, oranges S – Cucumbers and hummus	11 B – Cereal, banana S – Apples, dip L – Quesadilla, salad, pears, broccoli S – Chips, salsa
14 B –Cereal, banana S- Cheese, grapes L – Turkey burger, peaches, apples, peas S-Chips and salsa	15 B – Eggs, toast, blackberries S – apples, pretzels L – Lentils, rice, corn, applesauce S – Trail Mix	16 B – Yogurt, strawberries, granola S – Cottage cheese, peaches L – Chili, corn bread, carrots, grapes S – Crackers, cheese, cucumbers	17 B – Pancakes, berries S- Cheese, pretzels L – Mini Pizza, olives, pineapple, broccoli S- Carrots, hummus	18 NO SCHOOL!
21 B – Oatmeal, blueberries S – Strawberry, cream cheese sandwich L – Spaghetti, corn, grapes S – Trail mix	22 B – Turkey sausage, strawberries, toast S – Cheese, crackers L – Chicken noodle soup, peas, apples S – Oranges, pretzels	23 B – Hashbrowns, eggs, blackberries S – Apples, cheese L – Turkey and cheddar wrap, applesauce, carrots S- Cottage cheese, pineapple	24 B – Whole wheat bagel, cream cheese, oranges S – Rice cake, jelly, raisins L – Grilled Cheese, tomato soup, corn, oranges S – Cucumbers and hummus	25 B – Cereal, banana S – Apples, dip L – Quesadilla, salad, pears, broccoli S – Chips, salsa
28 B –Cereal, banana S- Cheese, grapes L – Turkey burger, peaches, apples, peas S-Chips and salsa	29 B – Eggs, toast, blackberries S – apples, pretzels L – Lentils, rice, corn, applesauce S – Trail Mix	30 B – Yogurt, strawberries, granola S – Cottage cheese, peaches L – Chili, corn bread, carrots, grapes S – Crackers, cheese, cucumbers	31 B – Pancakes, berries S- Spooky Snack!  L – Mini Pizza, olives, pineapple, broccoli S- Carrots, hummus	* Each meal/snack is served with low-fat, unflavored milk or water. *All grains are whole-grain rich