

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	9/7, 10/5, 11/3, 11/30	9/8, 10/6, 11/4	9/9, 10/7, 11/5	9/10, 10/8, 11/6	9/11, 10/9, 11/7
	Breakfast Toasted Oats, Oranges, Org. Milk	WG Pancakes* W/ Applesauce, Pineapple, Org. Milk	Hash Browns, Turkey Sausage 🌱 Fresh Eggs, Apples, Org. Milk	Mini Bagels, Cream Cheese, Clementines, Org. Milk	Apple Spice Muffins, Honeydew, Org. Milk
	Lunch Chx. Sliders, WG Rolls, 🌱 Veg. Burger, Tomato Ketchup, Green & Yellow Beans, Apples	Chx. Fajitas, WG Tortillas* 🌱 Tofu Fajitas, Peas & Carrots, Bananas	Southwest Chx. Brown Rice Bowl*, 🌱 Org Tofu, Broccoli & Cauliflower, Cantaloupe	Pesto Cheese Tortellini, 4 Veggie Blend, Watermelon	WG Garlic Bread Pizza*, Green Beans, Diced Carrots, Fruit Salad
Week 2	9/14, 10/12, 11/9	9/15, 10/13, 11/10	9/16, 10/14, 11/11	9/17, 10/15, 11/12	9/18, 10/16, 11/13
	Breakfast Corn Chex, Oranges, Org. Milk	WG English Muffins*, Turkey Sausage, 🌱 Fresh Eggs, Pineapple, Org. Milk	WG French Toast Sticks*, Maple Syrup, Apples, Org. Milk	Homemade Granola, Vanilla Yogurt, Oranges, Org. Milk	Blueberry Muffins, Cantaloupe, Org. Milk
	Lunch WG Mac & Cheese*, Broccoli & Cauliflower, Apples	WG Chx Bites*, Tomato Ketchup, 🌱 Veggie Bites, Peas & Carrots, Bananas	Herb Chx. & WG Rotini Pasta*, 🌱 Herb Tofu Pasta, Green & Yellow Beans, Honeydew	Sweet Apple Chicken, WG Tortillas*, 🌱 Sweet Apple Tofu, 4 Veggie Blend, Watermelon	Chx. Meatballs In Brown Sauce, 🌱 Tofu In Brown Sauce, WG Rolls*, Green Beans & Carrots, Fruit Salad
Week 3	9/21, 10/19, 11/16	9/22, 10/20, 11/17	9/23, 10/21, 11/18	9/24, 10/22, 11/19	9/25, 10/23, 11/20
	Breakfast Corn Flakes, Oranges, Org. Milk	WG* Pancakes, Maple Syrup, Pineapple, Org. Milk	Toasted Oats, Strawberry Yogurt, Apples, Org. Milk	Hash Browns, Turkey Sausage, 🌱 Fresh Eggs, Pineapple, Org. Milk	Orange Blossom Muffins, Honeydew, Org. Milk
	Lunch Chx. Fajitas, WG Tortillas* 🌱 Tofu Fajitas, Green & Yellow Beans, Apples	WG Rotini*, Roasted Tomato Sauce, Turkey Sausage, 🌱 Tomato Tofu, Peas & Carrots, Bananas	Chx & Turkey Cacciatore, WG Tortillas*, 🌱 Tofu Cacciatore, Broccoli & Cauliflower, Cantaloupe	Three Cheese Ravioli In Marinara Sauce, 🌱 4 Veggie Blend, Watermelon	Chx. Sliders, WG Rolls*, Tomato Ketchup, 🌱 Veggie Burger, Green Beans, Diced Carrots, Fruit Salad
Week 4	9/28, 10/26, 11/23	9/1, 9/29, 10/27, 11/24	9/2, 9/30, 10/28, 11/25	9/3, 10/1, 10/29, 11/26	9/4, 10/2, 10/30, 11/27
	Breakfast Rice Krispies, Oranges, Org. Milk	WG Biscuits*, Turkey Sausage, 🌱 Fresh Eggs, Pineapple, Org. Milk	Mini Bagels, Cream Cheese, Apples, Org. Milk	WG Waffles*, Maple Syrup, Oranges, Org. Milk	Blueberry Muffins, Cantaloupe, Org. Milk
	Lunch Turkey Burger W/ Cheese, 🌱 Veggie Burger, Fresh Buns & Ketchup, Broccoli & Cauliflower, Apples	Herb Chx. & WG Rotini Pasta*, 🌱 Herbed Tofu, Peas & Carrots, Bananas	Turkey & Black Beans W/ Roasted Potatoes, WG Rolls*, 🌱 Veggie Crumbles, Green & Yellow Beans, Honeydew	Sweet Apple Chicken, WG Tortillas*, 🌱 Sweet Apple Tofu, 4 Veggie Blend, Watermelon	Oil Herb Chx & Quinoa Bowl, 🌱 Herb Chickpea Bowl, Green Beans & Carrots, Fresh Fruit Salad
Week 5	9/28, 10/26, 11/23	9/1, 9/29, 10/27, 11/24	9/2, 9/30, 10/28, 11/25	9/3, 10/1, 10/29, 11/26	9/4, 10/2, 10/30, 11/27
	Snack Animal Crackers, String Cheese, Water	Mini Croissants, Fresh Plums, Water	WG English Muffins*, Cheddar Cheese Cubes, Water	Strawberry Yogurt, Fresh Bananas, Water	Tomato Swirl Toast, Fresh Apples, Water