

	Monday	Tuesday	Wednesday	Thursday	Friday 2/1/19
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk					EGG OMELET SLICED TOMATO * MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk					TURKEY AND CHEESE ON WHOLE WHEAT BREAD VEGETABLE SOUP PINEAPPLE RINGS * MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk <b>TWO COMPONENTS</b>					WHOLE GRAIN CHEESE ITZ PEAR HALVES WATER
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk					SALSIBURY STEAK W/ GRAVY BROWN RICE BROCCOLI W/ CHEESE ROASTED PARSNIP & CARROTS * MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>EVENING SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk <b>TWO COMPONENTS</b>					WHOLE GRAIN TORTILLA CHIPS SLICED APPLES WATER
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
	* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.				

	Monday 2/4/19	Tuesday 2/5/19	Wednesday 2/6/19	Thursday 2/7/19	Friday 2/8/19
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ALL BRAN CEREAL ORANGE SLICES * MILK <input type="checkbox"/> Whole Grain	LOW FAT YOGURT BANANA SLICES * MILK <input type="checkbox"/> Whole Grain	TURKEY SAUSAGE PATTY ORANGE SLICES * MILK <input type="checkbox"/> Whole Grain	COTTAGE CHEESE PEAR HALVES * MILK <input type="checkbox"/> Whole Grain	MULTIGRAIN CHEERIOS 100% APPLE JUICE * MILK <input type="checkbox"/> Whole Grain
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BEEF MEATLOAF MULTIGRAIN ROLL MASH POTATOES BUTTER BEANS *MILK <input type="checkbox"/> Whole Grain	GRILLED CHICKEN WRAP WHOLE GRAIN TORTILLA SWEET PEAS PINEAPPLE CHUNKS *MILK <input type="checkbox"/> Whole Grain	SHRIMP FRIED BROWN RICE HONEY DEW MELON TOSSED SALAD * MILK <input type="checkbox"/> Whole Grain	TURKEY HAMBURGER WHOLE WHEAT BUN BAKED SWEET POTATO FRIES TRI COLOR COLESLAW * MILK <input type="checkbox"/> Whole Grain	ROTISSERIE CHICKEN WHOLE WHEAT ROLL SQUASH CASSEROLE FRUIT COCKTAIL * MILK <input type="checkbox"/> Whole Grain
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED RICE CAKES BANANA WATER <input type="checkbox"/> Whole Grain	HUMMUS WHOLE GRAIN PITA CHIPS WATER <input type="checkbox"/> Whole Grain	ENRICHED GRAHAM CRACKERS *MILK <input type="checkbox"/> Whole Grain	WHEAT CRACKERS PEANUT SOY BUTTER WATER <input type="checkbox"/> Whole Grain	TURKEY ROLLUP WHOLE WHEAT WRAP WATER <input type="checkbox"/> Whole Grain
<b>TWO COMPONENTS</b>	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	HOMEMADE WHOLE WHEAT CHEESE PIZZA CUCUMBER SLICES W/ RANCH FRUIT COCKTAIL *MILK <input type="checkbox"/> Whole Grain	BEEF & BEAN CHILI WHOLE WHEAT SALTINES SLICED APPLES *MILK <input type="checkbox"/> Whole Grain	GROUND TURKEY SPAGHETTI W/ WHOLE WHEAT BREAD SLICED RED AND GREEN GRAPES TOSSED SALAD *MILK <input type="checkbox"/> Whole Grain	SLICED HONEY HAM WHOLE WHEAT HAWAIIAN ROLL PINEAPPLE CHUNKS SWEET POTATO WEDGES *MILK <input type="checkbox"/> Whole Grain	SCRAMBLED EGGS WHOLE WHEAT PANCAKES HASHBROWN CASSEROLE DICED PEACHES *MILK <input type="checkbox"/> Whole Grain
<b>EVENING SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED ANIMAL CRACKERS *MILK <input type="checkbox"/> Whole Grain	WHOLE GRAIN HARD PRETZELS <u>STRING CHEESE</u> WATER <input type="checkbox"/> Whole Grain	WHOLE WHEAT CRACKERS VIENNA SAUSAGE WATER <input type="checkbox"/> Whole Grain	WHOLE WHEAT BREAD TUNA SALAD WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN TORTILLA CHIPS SALSA/CHEESE DIP WATER <input type="checkbox"/> Whole Grain
<b>TWO COMPONENTS</b>	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
	* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.				

	Monday 2/11/19	Tuesday 2/12/19	Wednesday 2/13/19	Thursday 2/14/19	Friday 2/15/19
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	SAUSAGE BISCUIT APPLESAUCE * MILK  <input type="checkbox"/> Whole Grain	WHOLE CORN CHEX CEREAL 100% ORANGE JUICE * MILK  <input type="checkbox"/> Whole Grain	ENRICHED CREAM OF WHEAT BANANA SLICES * MILK  <input type="checkbox"/> Whole Grain	WHOLE GRAIN ENGLISH MUFFIN APRICOT HALVES * MILK  <input type="checkbox"/> Whole Grain	WHOLE WHEAT WAFFLE PEACHES * MILK  <input type="checkbox"/> Whole Grain
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	SALMON WHOLE GRAIN ROLL <u>ROASTED CAULIFLOWER</u> FRUIT SALAD * MILK  <input type="checkbox"/> Whole Grain	TURKEY BURGER ON MULTIGRAIN BUN PEAR HALVES COLESLAW *MILK  <input type="checkbox"/> Whole Grain	BEEF LIL SMOKIES WHOLE GRAIN ROLL PINTO BEANS ORANGE SLICES * MILK  <input type="checkbox"/> Whole Grain	BAKED CHICKEN & WHOLE WHEAT ROLL STEAMED CABBAGE FRUIT COCKTAIL * MILK  <input type="checkbox"/> Whole Grain	SLICED HAM WHOLE WHEAT BREAD FRESH BROCCOLI W/ DIP PINEAPPLE RINGS * MILK  <input type="checkbox"/> Whole Grain
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	LOWFAT YOGURT BLUEBERRIES WATER  <input type="checkbox"/> Whole Grain	WHOLE GRAIN BELVITA BITES CHEDDAR CHEESE CUBES WATER  <input type="checkbox"/> Whole Grain	WHOLE GRAIN PITA CHIPS HUMMUS WATER  <input type="checkbox"/> Whole Grain	HAM & TURKEY CUBES WHOLE GRAIN CRACKERS WATER  <input type="checkbox"/> Whole Grain	ENRICHED ANIMAL CRACKER *MILK  <input type="checkbox"/> Whole Grain
<b>TWO COMPONENTS</b>	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	STEAK FINGERS WHOLE GRAIN ROLL MIXED VEGETABLES FRENCH FRIES * MILK  <input type="checkbox"/> Whole Grain	CHICKEN SALAD WHOLE WHEAT CRACKERS PINEAPPLE CHUNKS CARROT STICKS *MILK  <input type="checkbox"/> Whole Grain	GROUND TURKEY SPAGHETTI W/ WHOLE GRAIN ROLLS TOSSED SALAD CORN * MILK  <input type="checkbox"/> Whole Grain	SLICED TURKEY WHOLE WHEAT WRAP CELERY W/ RANCH DRESSING APPLE WEDGES * MILK  <input type="checkbox"/> Whole Grain	BEEF HAMBURGER ON MULTIGRAIN BUN BAKED BEANS <u>CARROT &amp; RAISIN SALAD</u> * MILK  <input type="checkbox"/> Whole Grain
<b>EVENING SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED ANIMAL CRACKERS STRAWBERRY SLICES WATER  <input type="checkbox"/> Whole Grain	ENRICHED GRAHAM CRACKERS LOWFAT YOGURT WATER  <input type="checkbox"/> Whole Grain	WHOLE WHEAT CHEESE TOAST TOMATO SOUP WATER  <input type="checkbox"/> Whole Grain	PEAR HALVES COTTAGE CHEESE WATER  <input type="checkbox"/> Whole Grain	CHEESE QUESADILLA WHOLE WHEAT TORTILLA WATER  <input type="checkbox"/> Whole Grain
<b>TWO COMPONENTS</b>	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
	* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.				

	Monday 2/18/19	Tuesday 2/19/19	Wednesday 2/20/19	Thursday 2/21/19	Friday 2/22/19
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	<u>SALMON PATTIES</u> HASHBROWN * MILK <input type="checkbox"/> Whole Grain	WHOLE GRAIN KIX CEREAL 100% ORANGE JUICE * MILK <input type="checkbox"/> Whole Grain	ENRICHED CREAM OF WHEAT BANANA SLICES * MILK <input type="checkbox"/> Whole Grain	WHOLE GRAIN ENGLISH MUFFIN APRICOT HALVES * MILK <input type="checkbox"/> Whole Grain	BAKED CINNAMON APPLE WHOLE WHEAT TOAST * MILK <input type="checkbox"/> Whole Grain
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	CHICKEN STRIPS WHOLE GRAIN CORN MUFFIN STEAMED CARROTS CREAMED SPINACH * MILK <input type="checkbox"/> Whole Grain	TURKEY BURGER ON MULTIGRAIN BUN BAKED BEANS COLESLAW *MILK <input type="checkbox"/> Whole Grain	CHILI MAC (GROUND BEEF) WHOLE GRAIN NOODLES ORANGE SLICES CORN * MILK <input type="checkbox"/> Whole Grain	BAKED CHICKEN & WHOLE WHEAT ROLL <u>GINGERED CARROTS</u> FRUIT COCKTAIL * MILK <input type="checkbox"/> Whole Grain	TUNA SALAD WHOLE WHEAT BREAD CUCUMBERS W/ DIP PEARS * MILK <input type="checkbox"/> Whole Grain
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE GRAIN RICE CAKE LOWFAT YOGURT WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN BELVITA BITES CHEDDAR CHEESE CUBES WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN PITA CHIPS HUMMUS WATER <input type="checkbox"/> Whole Grain	HAM & TURKEY CUBES WHOLE GRAIN CRACKERS WATER <input type="checkbox"/> Whole Grain	ENRICHED GRAHAM CRACKER *MILK <input type="checkbox"/> Whole Grain
<b>TWO COMPONENTS</b>	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	STEAK FINGERS WHOLE GRAIN ROLL MIXED VEGETABLES MASH POTATOES * MILK <input type="checkbox"/> Whole Grain	CHICKEN SALAD WHOLE WHEAT CRACKERS PINEAPPLE CHUNKS CARROT STICKS *MILK <input type="checkbox"/> Whole Grain	GROUND TURKEY PATTY ENRICHED BROWN RICE W/ GRAVY DICED PEACHES CABBAGE * MILK <input type="checkbox"/> Whole Grain	SLICED HAM W/ CHEESE WHOLE WHEAT WRAP FRESH APPLE SLICES CELERY W/ DIP * MILK <input type="checkbox"/> Whole Grain	BEEF HAMBURGER ON MULTIGRAIN BUN SWEET POTATOE FRIES COLESLAW * MILK <input type="checkbox"/> Whole Grain
<b>EVENING SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED ANIMAL CRACKERS *MILK <input type="checkbox"/> Whole Grain	ENRICHED GRAHAM CRACKERS STRAWBERRY AND BANANA SLICES WATER <input type="checkbox"/> Whole Grain	WHOLE WHEAT CHEESE TOAST TOMATO SOUP WATER <input type="checkbox"/> Whole Grain	LOWFAT YOGURT RASPBERRIES WATER <input type="checkbox"/> Whole Grain	WHOLE WHEAT PIZZA PITA (MOZZARELLA, PEPPERONI) WATER <input type="checkbox"/> Whole Grain
<b>TWO COMPONENTS</b>	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
	* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.				

	Monday 2/25/19	Tuesday 2/26/19	Wednesday 2/27/19	Thursday 2/28/19	Friday
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED OATMEAL CINNAMON APPLESAUCE * MILK  <input type="checkbox"/> Whole Grain	WHOLE GRAIN KIX CEREAL 100% ORANGE JUICE *MILK  <input type="checkbox"/> Whole Grain	WHOLE WHEAT PANCAKES PEAR HALVES * MILK  <input type="checkbox"/> Whole Grain	WHOLE GRAIN ENGLISH MUFFIN PLUMS * MILK  <input type="checkbox"/> Whole Grain	    <input type="checkbox"/> Whole Grain
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	HAM SLICES HONEY WHOLE GRAIN ROLLS GREEN BEANS MASH POTATOES * MILK  <input type="checkbox"/> Whole Grain	HOMEMADE VEGETABLE BEEF SOUP WHOLE WHEAT CRACKERS APPLE WEDGES *MILK  <input type="checkbox"/> Whole Grain	BEEF HOTDOGS WHOLE WHEAT BUN PINEAPPLE TIDBITS BAKED BEANS * MILK  <input type="checkbox"/> Whole Grain	CHICKEN STRIPS WHOLE WHEAT ROLL CITRUS SALAD HASHBROWNS * MILK  <input type="checkbox"/> Whole Grain	    <input type="checkbox"/> Whole Grain
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE GRAIN BELVITA BITES *MILK  <input type="checkbox"/> Whole Grain	ENRICHED GRAHAM CRACKER LOWFAT YOGURT WATER  <input type="checkbox"/> Whole Grain	WHOLE GRAIN SUN CHIPS BANANA WATER  <input type="checkbox"/> Whole Grain	WHOLE GRAIN RICE CAKES STRING CHEESE WATER  <input type="checkbox"/> Whole Grain	    <input type="checkbox"/> Whole Grain
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BAKED CHICKEN MULTIGRAIN ROLL FRUIT COCKTAIL LIMA BEANS * MILK  <input type="checkbox"/> Whole Grain	BBQ PULLED PORK MULTIGRAIN BUN COLESLAW PEACHES * MILK  <input type="checkbox"/> Whole Grain	SLICED TURKEY W/ GRAVY WHOLE WHEAT ROLL BLACK EYE PEAS MASH POTATOES * MILK  <input type="checkbox"/> Whole Grain	BEEF & CHEESE LASAGNA WHOLE WHEAT NOODLES STEAMED BABY CARROTS TOSSED SALAD * MILK  <input type="checkbox"/> Whole Grain	    <input type="checkbox"/> Whole Grain
<b>EVENING SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	MULTIGRAIN CHEERIOS *MILK  <input type="checkbox"/> Whole Grain	APPLE SLICES PEANUT/SOY BUTTER WATER  <input type="checkbox"/> Whole Grain	WHOLE WHEAT PRETZELS BLUEBERRIES WATER  <input type="checkbox"/> Whole Grain	HUMMUS MULTIGRAIN CRACKERS WATER  <input type="checkbox"/> Whole Grain	    <input type="checkbox"/> Whole Grain
<b>TWO COMPONENTS</b>	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
	* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.				