Georgia	
Nutritier	<b>N</b>
	, Inc

### Harvest of the month: Peaches July 2024



	Monday 7/1/24	Tuesday 7/2/24	Wednesday 7/3/24 🗟	Thursday 7/4/24	Friday 7/5/24	
BREAKFAST				BREAKFAST BURRITO		
Whole Grain/Grain Alternate	WHOLE GRAIN BAGEL	WHOLE WHEAT MINI PANCAKE	MULTIGRAIN CHEERIOS	WHOLE GRAIN TORTILLA	ENRICHED OATMEAL	
Vegetable or Fruit	BLUEBERRIES	RASPBERRIES	BANANAS	SCRAMBLED EGGS	WARMED PEACHES	
Fluid Milk	*MILK	*MILK	*MILK	HOME MADE VEGGIE SALSA	*MILK	
				*MILK		
	U Whole Grain	🗌 Whole Grain	U Whole Grain	U Whole Grain	U Whole Grain	
AM SNACK	FRUIT KABOB	STRAWBERRY & AVOCADO SALSA			FRUIT PIZZA	
Meat/Meat Alternate	(BANANA & GRAPES)	WHOLE GRAIN TORTILLA CHIPS	ENRICHED CREAM OF WHEAT	ENRICHED CHEESE TOAST	(WG BAGEL, LF CREAM CHEESE)	
Whole Grain/Grain Alternate	LOW FAT YOGURT	STRAWBERRY	SLICED APPLES	HALVED CHERRY TOMATOES	BLUEBERRIES & STRAWBERRIES	
Vegetable or Fruit		AVOCADO				
Fluid Milk	WATER	WATER	WATER	WATER	WATER	
TWO COMPONENTS	Whole Grain	Whole Grain	□ Whole Grain	U Whole Grain	☐ Whole Grain	
LUNCH						
Meat/Meat Alternate	CHICKEN NUGGETS	HAM & CHEESE SUB	BBQ BEEF MEATBALLS	TERIYAKI SHRIMP	ROASTED TURKEY	
Whole Grain/Grain Alternate	ENRICHED HAWAIIAN ROLL	MULTI GRAIN SUB ROLL	WHOLE WHEAT SUB ROLL	ENRICHED FRIED RICE	WHOLE WHEAT ROLL	
Vegetable or Fruit	FRUIT SALAD	APPLESAUCE	PEAR HALVES	PINEAPPLE RINGS	MASHED POTATOES	
Vegetable	CREAMY SPINACH	CELERY STICKS	SWEET POTATO FRIES	SHREDDED CARROTS	ROASTED BRUSSEL SPROUTS	
Fluid Milk	*MILK	*MILK	* MILK	*MILK	*MILK	
	🗌 Whole Grain	U Whole Grain	U Whole Grain	🗌 Whole Grain	□ Whole Grain	
PM SNACK						
Meat/Meat Alternate	WHOLE WHEAT PITA CHIPS	ENRICHED ANIMAL CRACKERS	LOW FAT YOGURT	WHOLE WHEAT GOLDFISH	ROASTED CHICKEN & CHEESE ROLLUPS	
Whole Grain/Grain Alternate	CORN SALSA	HONEYDEW MELON	CINNAMON PEACHES	TOMATO BISQUE	WHOLE WHEAT SESAME STICKS	
Vegetable or Fruit	*FLAVORED WATER*		ENRICHED GRAHAM CRACKERS			
Fluid Milk	*STRAWBERRY & LEMON WATER	WATER	WATER	WATER	WATER	
TWO COMPONENTS	🗌 Whole Grain	🗌 Whole Grain	🗌 Whole Grain	🗌 Whole Grain	Whole Grain	
DINNER			EAT BEANS DAY			
Meat/Meat Alternate	HOMEMADE CHEESE-EEY PIZZA	FISH FILLET	BEAN & CHEESE QUESADILLA	STEAK FINGERS	SPAGHETTI W/ GROUND BEEF	
Whole Grain/Grain Alternate	WHOLE WHEAT PIZZA CRUST	MULTI GRAIN BUN	WHOLE GRAIN TORTILLA	WHOLE WHEAT ROLL	WHOLE WHEAT SPAGHETTI NOODLES	
Vegetable or Fruit	PEARS	MANDARIN ORANGES	MANGO CHUNKS	PLUMS	RASPBERRIES	
Vegetable	BROCCOLI	PEAS & CARROT MIX	TOSSED SALAD	CALIFORNIA BLEND VEGGIES	MINI CORN ON THE COB	
Fluid Milk	*MILK	* MILK	* MILK	*MILK	* MILK	
	🗌 Whole Grain	🗌 Whole Grain	U Whole Grain	🗌 Whole Grain	Whole Grain	
EVENING SNACK			Peach, Pineaaple Orange Smoothie Recipe	CRUNCHY ANS ON A LOG		
Meat/Meat Alternate	WHOLE GRAIN CHEESE CRACKERS	WHOLE WHEAT RITZ CRACKERS	PEACH YOGURT	PEANUT/NUT/SOY/WOW BUTTER	ENRICHED PRETZELS	
Whole Grain/Grain Alternate	SLICED KIWI	HUMMUS DIP	WHOLE WHEAT CRACKERS	CERELY STICKS	CINNAMON APPLESAUCE	
Vegetable or Fruit				RAISINS		
Fluid Milk	WATER	WATER	WATER	WATER	WATER	
TWO COMPONENTS	🗌 Whole Grain	🗌 Whole Grain	☐ Whole Grain	Whole Grain	☐ Whole Grain	
	* One year olds are served Unflavored Whole Milk. Two years old and older are served unflavored 1% or Fat Free Milk. Milk substitutes must have a medical statement.					



# Harvest of the month: Peaches Tuly 2024



	Monday 7/8/24	Tuesday 7/9/24	Wednesday 7/10/24	Thursday 7/11/24	Friday 7/12/24
BREAKFAST					
Vhole Grain/Grain Alternate	WHOLE GRAIN FRENCH TOAST	ENRICHED GRITS	WHOLE GRAIN MINI PANCAKES	WHOLE WHEAT BAGEL	ENRICHED SAUSAGE BISCUIT
egetable or Fruit	BLUEBERRIES	ROASTED PEACHES	HASHBROWNS	APRICOT HALVES	PLUMS
Fluid Milk	*MILK	*MILK	*MILK	*MILK	*MILK
	□ Whole Grain	🗌 Whole Grain	Whole Grain	🗌 Whole Grain	🗌 Whole Grain
AM SNACK		TRAIL MIX			BANANA SUSHI ROLL
Neat/Meat Alternate	WHOLE GRAIN CHIPS	WHOLE GRAIN CEREAL	EGG & SPINACH OMELET	ENRICHED OATMEAL	PEANUT/SOY/WOW/NUT BUTT
Vhole Grain/Grain Alternate	100% APPLE JUICE	RAISINS & CRANBERRIES	GROOVY GRAPES	SLICED STRAWBERRIES	WHOLE GRAIN TORTILLA
Vegetable or Fruit			(CUT APPROPRIATELY)		BANANA
Fluid Milk		WATER	WATER	WATER	WATER
TWO COMPONENTS	🗌 Whole Grain	🗌 Whole Grain	🗌 Whole Grain	Whole Grain	U Whole Grain
LUNCH	NATIONAL MACARONI DAY				
Meat/Meat Alternate	EXTRA CHEESEY MAC-N-CHEESE	CURRY CHICKEN	MINI CHEESE PIZZA	BEEF SLOPPY JOE	HAM & CHEESE SLIDERS
Whole Grain/Grain Alternate	WHOLE GRAIN ELBOW	ENRICHED BROWN RICE	WHOLE WHEAT ENGLISH MUFFIN	WHOLE GRAIN BUN	WHOLE WHEAT HAWAIIN ROL
Vegetable or Fruit	APPLE WEDGES	MANGO SLICES	FRUIT COCKTAIL	WATERMELON STICKS	KIWI
/egetable	BROCCOLI	SWEET PEAS	MIXED VEGETABLES	BAKED FRENCH FRIES	COLESLAW
Fluid Milk	*MILK	*MILK	* MILK	*MILK	*MILK
	🗌 Whole Grain	🗌 Whole Grain	Whole Grain	🗌 Whole Grain	🗌 Whole Grain
PM SNACK		PINWHEEL TURKEY SNACK			
Meat/Meat Alternate	WHOLE WHEAT PITA CHIPS	TURKEY SLICES	ENRICHED ANIMAL CRACKERS	ENRICHED SALTINE CRACKERS	MINI EGG SALAD SANDWICH
Whole Grain/Grain Alternate	FRESH GUACAMOLE	WHOLE GRAIN TORTILLA	CRUSHED PINEAPPLE	SAVORY TUNA SALAD	WHOLE GRAIN BREAD
Vegetable or Fruit	*FLAVORED WATER*	SPINACH			
Fluid Milk	*CUCUMBER & LIME WATER*	WATER	WATER	WATER	WATER
TWO COMPONENTS	🗌 Whole Grain	🗌 Whole Grain	Whole Grain	🗌 Whole Grain	🗌 Whole Grain
DINNER					
Neat/Meat Alternate	BEEF CHEESE BURGER	BAKED FISH FILLET	PHILLY CHEESE STEAK	CHICKEN TENDERS	SLICED TURKEY PANINI
Whole Grain/Grain Alternate	WHOLE WHEAT BUN	ENRICHED HUSH PUPPIES	WHOLE WHEAT SUB ROLL	MULTI GRAIN BREADSTICKS	WHOLE WHEAT PITA
Vegetable or Fruit	APPLE WEDGES	RASPBERRIES	MANDARIN ORANGES	PEACHES	CANTALOUPE
/egetable	POTATO WEDGES	GARLIC GREEN BEANS	TOSSED SALAD	PEAS & CARROTS	SPINACH & TOMATO SALAD
Fluid Milk	*MILK	* MILK	* MILK	*MILK	* MILK
	Whole Grain	🗌 Whole Grain	U Whole Grain	U Whole Grain	🗌 Whole Grain
EVENING SNACK					
Neat/Meat Alternate	ENRICHED MUFFIN	WHOLE GRAIN CHEESE ITS	WHOLE GRAIN RICE CAKE	CHEDDAR CHEESE CUBES	ENRICHED GRAHAM CRACKERS
Whole Grain/Grain Alternate	BANANA	WATERMELON SHAPES	HONEYDEW MELON	WHOLE WHEAT SESAME STICKS	CUCUMBER STRIPS
Vegetable or Fruit					
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	Whole Grain	Whole Grain	☐ Whole Grain	□ Whole Grain	🔲 Whole Grain



# Harvest of the month: Peaches July 2024



	Monday 7/15/24	Tuesday 7/16/24	Wednesday 7/17/24	Thursday 7/18/24	Friday 7/19/24
BREAKFAST	·	·			
Whole Grain/Grain Alternate	WHOLE GRAIN MINI BAGEL	ENRICHED CREAM OF WHEAT	WHOLE GRAIN CHEERIOS	ENRICHED KIX CEREAL	WHOLE WHEAT CHEESE TOAST
Vegetable or Fruit	EGG HALVES	SLICED APPLES	BLUEBERRIES	RASPBERRIES	PINEAPPLE TIDBITS
Fluid Milk	CANTALOUPE	*MILK	*MILK	*MILK	*MILK
	*MILK				
Ī	□ Whole Grain	Whole Grain	U Whole Grain	🗌 Whole Grain	U Whole Grain
AM SNACK					
Meat/Meat Alternate	ENRICHED PANCAKE	WHOLE WHEAT TOAST	BOILED EGG HALVES	ENRICHED GRAHAM CRACKERS	WHOLE WHEAT ENGLISH MUFFI
Whole Grain/Grain Alternate	BANANA	AVOCADO & FRESH TOMATOES	TATOR TOTS	100% BERRY BERRY JUICE	MANGO STRIPS
Vegetable or Fruit					
Fluid Milk	WATER	WATER	WATER		WATER
TWO COMPONENTS	Whole Grain	Whole Grain	Whole Grain	□ Whole Grain	U Whole Grain
LUNCH			BODACIOUS QUESADILLA		SAVORY WAFFLE-WICH
Meat/Meat Alternate	GRILLED CHEESE SANDWICH	BAKED FISH STICKS	GRILLED CHICKEN	SAVORY TUNA & CHEESE SUB	HAM & CHEESE
Whole Grain/Grain Alternate	WHOLE WHEAT BREAD	MULTI GRAIN ROLL	WHOLE WHEAT TORTILLA	WHOLE GRAIN SUB ROLL	WHOLE GRAIN WAFFLE
Vegetable or Fruit	KIWI SLICES	SLICED PEACHES	MANGO SLICES	PLUMS	ORANGES (SMILES)
Vegetable	TOMATO BISQUE	SWEET PEAS	BROCCOLI	CELERY STICKS	TOSSED SALAD
Fluid Milk	*MILK	*MILK	* MILK	*MILK	*MILK
	Whole Grain	U Whole Grain	☐ Whole Grain	□ Whole Grain	Whole Grain
PM SNACK	CHEESY BROCCOLI TOTS RECIPE				FRUIT KABOB W/DIP
Meat/Meat Alternate	SHREDDED CHEESE	ENRICHED PRETZELS	FRUIT PIZZA w/CREAM CHEESE	WHOLE GRAIN SUNCHIPS	LOW FAT YOGURT
Whole Grain/Grain Alternate	BROCCOLI FLORETS	PEARS	WHOLE WHEAT FLATBREAD	KIWI SLICES	MIXED FRUIT
Vegetable or Fruit	*FLAVORED WATER*		MIXED BERRIES		(STRAWBERRY, GRAPES, BANANA)
Fluid Milk	*WATERMELON & MINT WATER*	WATER	WATER	WATER	WATER
TWO COMPONENTS	Whole Grain	□ Whole Grain	☐ Whole Grain	□ Whole Grain	U Whole Grain
DINNER			LETTUCE TOFU WRAP		BREAKFAST FOR DINNER
Meat/Meat Alternate	ROASTED TURKEY PINWHEELS	POPCORN SHRIMP	SAVORY TOFU	STEAK BURRITO BOWL	TURKEY SAUSAGE
Whole Grain/Grain Alternate	WHOLE WHEAT TORTILLA	WHOLE GRAIN FRIED RICE	ENRICHED BROWN RICE	ENRICHED BROWN RICE	MULTI GRAIN TOAST
Vegetable or Fruit	SWEET PEAS	HONEYDEW MELON	PEACHES	HOMEMADE PICO DE GALLO	APRICOT
Vegetable	SHREDDED CARROTS	STIR FRY VEGETABLES	SUMMER SQUASH	BLACK BEANS	HASHBROWNS
Fluid Milk	*MILK	* MILK	* MILK	*MILK	* MILK
	□ Whole Grain	Whole Grain	□ Whole Grain	🗆 Whole Grain	U Whole Grain
EVENING SNACK					
Meat/Meat Alternate	ENRICHED CROISSANT	WHOLE WHEAT THIN CRACKERS	WHOLE WHEAT RICE CRISPS	ENRICHED ANIMAL CRACKERS	ENRICHED RITZ CRACKERS
Whole Grain/Grain Alternate	MIXED FRUIT	STRAWBERRIES	WATERMELON SHAPES	BLUEBERRIES	CHEDDAR CHEESE CUBES
Vegetable or Fruit					
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	Whole Grain	Whole Grain	Whole Grain	Whole Grain	U Whole Grain
	* One year olds are served	Unflavored Whole Milk. Two years ol	d and older are served unflavored 1	% or Fat Free Milk. Milk substitutes n	nust have a medical statement.



# Harvest of the month: Peaches Tuly 2024



	Monday 7/22/24	Tuesday 7/23/24	Wednesday 7/24/24	Thursday 7/25/24	Friday 7/26/24
BREAKFAST					BAGELFEST DAY
Whole Grain/Grain Alternate	WHOLE GRAIN CHEERIOS	WHOLE WHEAT WAFFLES	ENRICHED CHICKEN BISCUIT	WHOLE GRAIN MUFFIN	WHOLE WHEAT MINI BAGEL
Vegetable or Fruit	RASPBERRIES	WARMED PEACHES	APPLESAUCE	STRAWBERRIES	CANADIAN BACON
Fluid Milk	*MILK	*MILK	*MILK	* MILK	ORANGES
					*MILK
	U Whole Grain	🗌 Whole Grain	U Whole Grain	🗌 Whole Grain	🗌 Whole Grain
AM SNACK		BANANA SUSHI ROLL			
Meat/Meat Alternate	ENRICHED PRETZELS	PEANUT/SOY/WOW/NUT BUTTER	WHOLE WHEAT BREAD	BOILED EGGS	LOW FAT YOGURT
Whole Grain/Grain Alternate	HUMMUS	WHOLE GRAIN TORTILLA	AVOCADO SLICES	HASHBROWNS	CUCUMBER STICKS
Vegetable or Fruit		BANANA			
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	Whole Grain	Whole Grain	Whole Grain	U Whole Grain	U Whole Grain
LUNCH			BLACK BEAN & VEGGIE QUESADILLA		
Meat/Meat Alternate	SAVORY CHICKEN SALAD	TURKEY MEATBALL SUB	BLACK BEANS	HOMEMADE MAC AND CHEESE	TURKEY SLICES
Whole Grain/Grain Alternate	ENRICHED CROISSANT	WHOLE WHEAT SUB ROLL	WHOLE GRAIN TORTILLA	ENRICHED NOODLES	WHOLE GRAIN PITA BREAD
Vegetable or Fruit	GROOVY GRAPES	APPLE SLICES	PEARS	FRUIT COCKTAIL	CINNAMON APPLESAUCE
Vegetable	ROASTED CAULIFLOWER	YELLOW SQUASH	HONEY GLAZED CARROTS	GREEN BEANS	GRILLED VEGETABLES
Fluid Milk	*MILK	*MILK	* MILK	*MILK	*MILK
	Whole Grain	U Whole Grain	□ Whole Grain	U Whole Grain	U Whole Grain
PM SNACK		STRAWBERRY YOGURT PARTFAIT			PIZZADILLA
Meat/Meat Alternate	MOZZARELLA CHEESE STICK	SRAWBERRY GREEK YOGURT	WHOLE GRAIN CRACKERS	ENRICHED GRAHAM CRACKERS	MOZZARELLA CHEESE
Whole Grain/Grain Alternate	TOMATO & CUCUMBER SALAD	MIXED BERRIES	VEGETABLE SOUP	APRICOT SLICES	PEPPERONI
Vegetable or Fruit	*FLAVORED WATER*	GRANOLA (OPTIONAL)			WHOLE WHEAT TORTILLA
Fluid Milk	*ORANGE & PINEAPPLE WATER*	WATER	WATER	WATER	WATER
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	🗌 Whole Grain	🗌 Whole Grain
DINNER					NATIONAL HAMBURGER DAY
Meat/Meat Alternate	BEEF SLOPPY JOE	GRILLED CHEESE TOAST	BEEF LO-MEIN	CHICKEN TENDERS	BEEF HAMBURGER
Whole Grain/Grain Alternate	WHOLE WHEAT BUN	WHOLE GRAIN BREAD	WHOLE GRAIN NOODLES	WHOLE GRAIN ROLL	WHOLE WHEAT BUN
Vegetable or Fruit	BLUEBERRIES	KIWI	RASPBERRIES	CANTALOUPE	BAKED FRENCH FRIES
Vegetable	SWEET CORN	TOMATO BISQUE SOUP	STIR FRY VEGGIES	BROCCOLI	TRI COLOR COLESLAW
Fluid Milk	*MILK	* MILK	* MILK	*MILK	* MILK
	Whole Grain	Whole Grain	Whole Grain	U Whole Grain	Whole Grain
EVENING SNACK			FRUIT & VEGGIE CUP		ANTS ON A LOG
Meat/Meat Alternate	COTTAGE CHEESE	WHOLE GRAIN CHEESE ITS	APPLE SLICES	ENRICHED RICE CAKE	CELERY STICKS
Whole Grain/Grain Alternate	MANGO CUBES	WATERMELON SHAPES	SUGAR SNAP PEAS	100% BERRY JUICE	PEANUT/WOW/SOY BUTTER
					RAISINS
Vegetable or Fruit					
Vegetable or Fruit Fluid Milk TWO COMPONENTS	WATER	WATER	WATER	WATER	WATER



#### Harvest of the month: Peaches Tuly 2024



Vegetable or Fruit Fuld Milk   DICED PEACHES *MILK   APPLES *MILK   BANANA *MILK     Image: Mode Grain   Whole Grain   Whole Grain   Whole Grain   Whole Grain     Image: Mark Milk   Image: Mode Grain   Whole Grain   Whole Grain   Whole Grain   Whole Grain     AM, SNACK   COTTAGE CHEESE PLUMS   ENRICHED CREAM OF WHEAT APRICOTS   NATIONAL AVOCADD DAY AVOCADD   AVOCADD     Whole Grain/Grain Alternate Wegetable or Fruit Fluid Milk   WATER   NATIONAL CHICKEN & WATER   Whole Grain   Whole Grain     TWO COMPONENTS   Whole Grain   Whole Grain   Whole Grain   Whole Grain   Whole Grain     Water Meat Mart Alternate Wegetable or Fruit Fluid Milk   GREEN LENTILS GROOVY GRAPES   NATIONAL CHICKEN & WAFFLES PLUMS   CHILI MAC W/GROUND TURKEY WHOLE GRAIN PASTA DICED PEARS GREEN BEANS   Whole Grain   Whole Grain   Whole Grain     Whole Grain/Grain Alternate Whole Grain/Grain Alternate Whole Grain/Grain Alternate Whole Grain   Whole Grain   Whole Grain   Whole Grain   Whole Grain     Whole Grain/Grain Alternate Whole Grain/Grain Alternate Whole Grain/Grain Alternate Whole Grain/Grain Alternate   Whole Grain   Whole Grain   Whole Grain   Whole Grain     Whole Grain/Grain Alternate Whole Grain/Grain Alternate   WHOLE GRAIN SUN						
Winde Grain/Grain Atternate Vegetable or Fruit Fuid Mik   ENRICHED SAUSAGE BISCUIT DICED PEACHES *MILK   WHOLE GRAIN CHERRIOS APPLES *MILK   WHOLE GRAIN FRENCH TOAST BANANA *MILK   Whole Grain		Monday 7/29/24	Tuesday 7/30/24	Wednesday 7/31/2024		
Winde Grain/Grain Atternate Vegetable or Fruit Fuid Mik   ENRICHED SAUSAGE BISCUIT DICED PEACHES *MILK   WHOLE GRAIN CHERRIOS APPLES *MILK   WHOLE GRAIN FRENCH TOAST BANANA *MILK   Whole Grain	BREAKFAST			-		
Vegetable or Fruit Ruid Milk   DICED PEACHES *MILK   APPLES *MILK   BANANA *MILK   BANANA *MILK   Contract Checks   APPLES   BANANA     AM SNACK   Image: Contract Checks   Whole Grain	Whole Grain/Grain Alternate	ENRICHED SAUSAGE BISCUIT	WHOLE GRAIN CHERRIOS	WHOLE GRAIN FRENCH TOAST		
Fluid Milk *MILK *MILK *MILK *MILK   Mode Grain Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain   AM SNACK Meat/Meat Alternate Woole Grain Alternate Woole Grain Alternate Woole Grain Alternate Woole Grain Alternate Woole Grain Alternate Woole Grain COTTAGE CHEESE PLUMAS ENRICHED CREAM OF WHEAT APRICOTS NATIONAL AVOCADO DAY AVOCADO WHOLE WHEAT MINIE BAGEL or TONAL (WEENT MATER LEAGED DAY WOOLE Grain Alternate Woole Grain Alternate Woole Grain Whole Grain Whole Grain Whole Grain   Woole Grain Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain   Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain   Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain   Whole Grain NATIONAL CHICKENA & WAFFLES BARED CHICKENA GREEN LENTILS WHOLE GRAIN TACO SHELLS GROOVY GRAPES NATIONAL CHICKENA & WAFFLES UHADS CHILI MAC W/GROUND TURKEY WHOLE GRAIN ALTACO SHELLS GROOVY GRAPES WHOLE GRAIN RUCK ALTACOVER CHILI MAC W/GROUND TURKEY WHOLE GRAIN SUNCHIPS SWEET PEAS GREEN BEANS Whole Grain Whole Grain   Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain   Woole Grain/Grain Alternate Woole Grain/Grain Alternate Woole Grain/Grain Alternate Whole Grain Whole Grain	Vegetable or Fruit					
AM SNACK   Contract Cheese   ENRICHED CREAM OF WHEAT   National Avocabo Day     Whole Grain/Grain Alternate   COTTAGE CHEESE   ENRICHED CREAM OF WHEAT   AVOCADO     Whole Grain/Grain Alternate   PLUMS   ENRICHED CREAM OF WHEAT   AVOCADO     Whole Grain   Whole Grain   Whole Grain   Whole Grain   Whole Grain     TWO COMPONENTS   Whole Grain   Whole Grain   Whole Grain   Whole Grain   Whole Grain     UNICH   Mattonal CHICKEN   Whole Grain   Whole Grain   Whole Grain   Whole Grain     Whole Grain/Grain Alternate   GREEN LENTILS   BAKED CHICKEN   WHOLE WHEAT WAFFLES   CHILI MAC W/GROUND TURKEY     Whole Grain/Grain Alternate   WHOLE GRAIN TACO SHELLS   Whole Grain   CHILI MAC W/GROUND TURKEY     Whole Grain/Grain Alternate   WHOLE GRAIN SUNCHIPS   PLUMS   DICED PEAS     Fluid Milk   *MILK   *MILK   *MILK     Whole Grain   Whole Grain   Whole Grain   Whole Grain     PM SNACK   WHOLE GRAIN SUNCHIPS   Whole Grain   Whole Grain   Whole Grain     Vegetable or Fruit   Whole Grain   Whole Grain   Whole Grain   Whole Grain	Fluid Milk	*MILK	*MILK	*MILK		
AM SNACK   Contract Cheese   ENRICHED CREAM OF WHEAT   National Avocabo Day     Whole Grain/Grain Alternate   COTTAGE CHEESE   ENRICHED CREAM OF WHEAT   AVOCADO     Whole Grain/Grain Alternate   PLUMS   ENRICHED CREAM OF WHEAT   AVOCADO     Whole Grain   Whole Grain   Whole Grain   Whole Grain   Whole Grain     TWO COMPONENTS   Whole Grain   Whole Grain   Whole Grain   Whole Grain   Whole Grain     UNICH   Mattonal CHICKEN   Whole Grain   Whole Grain   Whole Grain   Whole Grain     Whole Grain/Grain Alternate   GREEN LENTILS   BAKED CHICKEN   WHOLE WHEAT WAFFLES   CHILI MAC W/GROUND TURKEY     Whole Grain/Grain Alternate   WHOLE GRAIN TACO SHELLS   Whole Grain   CHILI MAC W/GROUND TURKEY     Whole Grain/Grain Alternate   WHOLE GRAIN SUNCHIPS   PLUMS   DICED PEAS     Fluid Milk   *MILK   *MILK   *MILK     Whole Grain   Whole Grain   Whole Grain   Whole Grain     PM SNACK   WHOLE GRAIN SUNCHIPS   Whole Grain   Whole Grain   Whole Grain     Vegetable or Fruit   Whole Grain   Whole Grain   Whole Grain   Whole Grain						
Meat /Meat Alternate   COTTAGE CHEESE   ENRICHED CREAM OF WHAT   AVOCADO     Whole or Fruit   PLUMS   APRICOTS   WHOLE WHEAT MINI BAGEL   OPTIONAL (PUEWTHING) BAGEL SEASONING)   Hermate     Wole for fruit   WATER   WATER   WATER   Whole Grain   Whole Grain     TWO COMPONENTS   Whole Grain   Whole Grain   Whole Grain   Whole Grain   Whole Grain     UUNCH   GREEN LENTILS   NATIONAL CHICKEN & WAFFLES   BARKD CHICKEN & WAFFLES   CHILI MAC W/GROUND TURKEY   Whole Grain   Whole Grain     Whole Grain/Grain Alternate   GREEN LENTILS   BABK CARROTS   SWEET FEAS   GREEN BEANS   DICED PEARS   DICED PEARS     Vegetable or Fruit   Whole Grain   Whole Grain   Whole Grain   Whole Grain   Whole Grain     Yegetable or Fruit   Whole Grain   Whole Grain   Whole Grain   Whole Grain   Whole Grain     Yegetable or Fruit   Whole Grain   Whole Grain   Whole Grain   Whole Grain   Whole Grain     Yegetable or Fruit   Whole Grain   Whole Grain   Whole Grain   Whole Grain   Whole Grain     Yegetable or Fruit   Whole Grain   Whole Grain		🗌 Whole Grain	🗌 Whole Grain	U Whole Grain	U Whole Grain	U Whole Grain
Whole Grain/Grain Alternate PLUMS APRICOTS WHOLE WHEAT MINI BAGEL OPTIONAL (EVENTTINE BAGEL SEASONINE) U   Pluid Milk WATER WATER WATER WATER   Whole Grain Whole Grain Whole Grain Whole Grain Whole Grain   LUNCH GREEN LENTILS NATIONAL CHICKEN & WAFFLES BAKED CHICKEN WHOLE GRAIN PASTA   Whole Grain/Grain Alternate GREEN LENTILS BAKED CHICKEN WHOLE GRAIN PASTA   Whole Grain/Grain Alternate GREEN LENTILS Whole Grain CHILI MAC W/GROUND TURKEY   Whole Grain/Grain Alternate GREEN LENTILS BAKED CHICKEN WHOLE GRAIN PASTA   Whole Grain WHOLE GRAIN TACO SHELLS SWEET PEAS GREEN BEANS   Yegetable or Fruit Whole Grain Whole Grain Whole Grain   Whole Grain Whole Grain Whole Grain Whole Grain   PM SNACK *MILK *MILK *MILK   Whole Grain Whole Grain Whole Grain Whole Grain   PM SNACK WHOLE GRAIN SUNCHIPS WHOLE GRAIN NICE CAKE ENRICHED GRAHAM CRACKERS   FRUIT SALAD Whole Grain Whole Grain Whole Grain   Yegetable or Fruit Whole Grain Whole Grain Whole Grain   TWO COMPONENTS Whole Grain	AM SNACK			NATIONAL AVOCADO DAY		
Vegetable or Fruit Fluid Milk WATER WATER OPTIONAL (PER/THING BAGEL SEASONING)   Fluid Milk WATER WATER WATER   TWO COMPONENTS Whole Grain Whole Grain Whole Grain Whole Grain   LUNCH Mattonal CHICKEN & WAFFLES Whole GRAIN TACO SHELLS BAKED CHICKEN CHILI MAC W/GROUND TURKEY Whole Grain Whole Grain   Whole Grain Atternate WHOLE GRAIN TACO SHELLS BAKED CHICKEN CHILI MAC W/GROUND TURKEY WHOLE GRAIN TACO SHELLS BAKED CHICKEN   Whole Grain Atternate WHOLE GRAIN TACO SHELLS BAKED CHICKEN CHILI MAC W/GROUND TURKEY WHOLE GRAIN TACO SHELLS BAKED CHICKEN   Whole Grain Atternate WHOLE GRAIN TACO SHELLS BAKED CHICKEN CHILI MAC W/GROUND TURKEY WHOLE GRAIN TACO SHELLS CHILI MAC W/GROUND TURKEY   Vegetable or Fruit GROOVY GRAPES BABY CARROTS SWEET PEAS GREEN BEANS   Fluid Milk *MILK *MILK *MILK Whole Grain   Mathode Grain Maternate Whole Grain Whole Grain RICE CAKE ENRICHED GRAHAM CRACKERS   Fluid Milk WATER WATER Water Whole Grain   WHOLE GRAIN SUNCHIPS WHOLE GRAIN RICE CAKE ENRICHED GRAHAM CRACKERS   Fluid Milk WHOLE GRAIN NATER WATER WHOLE GRAIN RICE<	Meat/Meat Alternate	COTTAGE CHEESE	ENRICHED CREAM OF WHEAT	AVOCADO		
Fluid Milk WATER WATER WATER   TWO COMPONENTS Whole Grain Whole	Whole Grain/Grain Alternate	PLUMS	APRICOTS	WHOLE WHEAT MINI BAGEL		
TWO COMPONENTS   Whole Grain   Whole Grain   Whole Grain   Whole Grain   Whole Grain   Whole Grain     LUNCH   GREEN LENTLS   NATIONAL CHICKEN & WAFFLES   BAKED CHICKEN   CHILI MAC W/GROUND TURKEY   Whole Grain   Whole Grain     Whole Grain/Grain Alternate   GREEN LENTLS   BAKED CHICKEN   CHILI MAC W/GROUND TURKEY   WHOLE GRAIN TACO SHELLS   BAKED CHICKEN   CHILI MAC W/GROUND TURKEY   Whole Grain   CHILI MAC W/GROUND TURKEY     Vegetable or Fruit   WHOLE GRAIN TACO SHELLS   BABY CARROTS   SWEET PEAS   GREEN BEANS   DICED PEARS   DICED PEARS     Fluid Milk   * MILK   * MILK   * MILK   * MILK   * MILK   Whole Grain   Whole Grain   Whole Grain     PM SNACK   Whole Grain   Whole Grain   Whole Grain   Whole Grain   Whole Grain   Whole Grain     PM SNACK   WHOLE GRAIN SUNCHIPS   WHOLE GRAIN RICE CAKE   ENRICHED GRAHAM CRACKERS   I////////////////////////////////////	Vegetable or Fruit			OPTIONAL (EVERYTHING BAGEL SEASONING)		
LUNCH   Mational CHICKEN & WAFFLES   BakeD CHICKEN   CHILI MAC W/GROUND TURKEY     Whole Grain/Grain Alternate   GREEN LENTILS   BAKED CHICKEN   CHILI MAC W/GROUND TURKEY     Wegetable or Fruit   GROOVY GRAPES   BABY CARROTS   PLUMS   DICED PEARS     Vegetable or Fruit   Malk   * MILK   MILK   * MILK     * MILK   * MILK   * MILK   * MILK     Whole Grain   Whole Grain   Whole Grain   Whole Grain   Whole Grain     PM SNACK   WHOLE GRAIN SUNCHIPS   WHOLE GRAIN RICE CAKE   ENRICHED GRAHAM CRACKERS   100% BERRY JUICE     Vegetable or Fruit   Whole Grain   Whole Grain   Whole Grain   Whole Grain     PM SNACK   WHOLE GRAIN SUNCHIPS   WHOLE GRAIN RICE CAKE   ENRICHED GRAHAM CRACKERS   100% BERRY JUICE     Vegetable or Fruit   Water   Water   Water   Water   Water     TWO COMPONENTS   Whole Grain   Whole Grain   Whole Grain   Whole Grain   Whole Grain     DINNER   Meat/Meat Alternate   GROUND BEEL   GROUND TURKEY   CHICKEN SALAD   Whole Grain   Whole Grain     Whole Grain/Grain Alternate   Whole Gra	Fluid Milk	WATER	WATER	WATER		
Meat/Meat Alternate   GREEN LENTILS   BAKED CHICKEN   CHILI MAC W/GROUND TURKEY     Whole Grain/Grain Alternate   WHOLE GRAIN TACO SHELLS   BAKED CHICKEN   WHOLE WHEAT WAFFLES   DICED PEARS     Vegetable   BABY CARROTS   SWEET PEAS   GREEN BEANS   BABY   Mulk   Mulk     Milk   Mulk   * MILK   * MILK   * MILK   * Mulk   Whole Grain   Whole G	TWO COMPONENTS	Whole Grain	U Whole Grain	Whole Grain	Whole Grain	Whole Grain
Whole Grain/Grain Alternate   WHOLE GRAIN TACO SHELLS GROOVY GRAPES   WHOLE WHEAT WAFFLES PLUMS   WHOLE GRAIN PASTA DICED PEARS   DICED PEARS   DICED PEARS     Sweetable   *MILK   *MILK   *MILK   *MILK   *MILK     Whole Grain   Image: Sweet PEAS   *MILK   *MILK   *MILK   Image: Sweet PEAS   Image: Sweet PEAS   *MILK   Image: Sweet PEAS   *MILK   Image: Sweet PEAS   *MILK   Image: Sweet PEAS   Ima	LUNCH		NATIONAL CHICKEN & WAFFLES			
Vegetable or Fruit <i>GROOVY GRAPES BABY CARROTS SWEET PEAS SWEET PEAS GREEN BEANS *MILK MILK *MILK Mulk Mulk *MILK Mulk Mulk *MILK Mulk Mule Mulk Mu</i>	Meat/Meat Alternate	GREEN LENTILS	BAKED CHICKEN	CHILI MAC W/GROUND TURKEY		
Vegetable Fluid Milk   BABY CARROTS *MILK   SWEET PEAS *MILK   GREEN BEANS *MILK     Whole Grain   Whole Grain   Whole Grain   Whole Grain   Whole Grain     Whole Grain   Whole Grain   Whole Grain   Whole Grain   Whole Grain     PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit   WHOLE GRAIN SUNCHIPS FRUIT SALAD   WHOLE GRAIN RICE CAKE CANTALOUPE   ENRICHED GRAHAM CRACKERS 100% BERRY JUICE   Funde Grain   Funde Grain     TWO COMPONENTS   Whole Grain   Whole Grain   Whole Grain   Whole Grain   Whole Grain     DINNER   NATIONAL LASAGNA DAY Whole BEFF Whole Grain/Grain Alternate   STUFFED BELL PEPPERS GROUND TURKEY WHOLE WHEAT LASAGNA PASTA TOSSED SALAD   GROUND TURKEY WHOLE WHEAT LASAGNA PASTA TOSSED SALAD   GROUND TURKEY WHOLE WHEAT BROWN RICE COLORFUL PEPPERS   CHICKEN SALAD ENRICHED CROISSANT SLICED CUCUMBERS   Funde Grain   Funde Grain	Whole Grain/Grain Alternate	WHOLE GRAIN TACO SHELLS	WHOLE WHEAT WAFFLES	WHOLE GRAIN PASTA		
Fluid Milk   * Milk <th>Vegetable or Fruit</th> <th>GROOVY GRAPES</th> <th>PLUMS</th> <th>DICED PEARS</th> <th></th> <th></th>	Vegetable or Fruit	GROOVY GRAPES	PLUMS	DICED PEARS		
Whole Grain   Whole Grain   Whole Grain   Whole Grain   Whole Grain   Whole Grain     PM SNACK   Weat/Meat Alternate   WHOLE GRAIN SUNCHIPS   WHOLE GRAIN RICE CAKE   ENRICHED GRAHAM CRACKERS   Whole Grain   Whole Grain     Vegetable or Fruit   WATER   WATER   WATER   WATER   Water   Whole Grain   Whole Grain     DINNER   NATIONAL LASAGNA DAY   STUFFED BELL PEPPERS   GROUND BEEF   GROUND TURKEY   CHICKEN SALAD   Whole Grain SulCHD CROISSANT   Whole WHEAT LASAGNA PASTA   WHOLE WHEAT BROWN RICE   ENRICHED CROISSANT   UHOLE WHEAT BROWN RICE   ENRICHED CUCUMBERS   WHOLE COLORFUL PEPPERS   ENRICHED CUCUMBERS   Image: Color Sant   Image: Color Sant	Vegetable	BABY CARROTS	SWEET PEAS	GREEN BEANS		
PM SNACK   Meat/Meat Alternate   WHOLE GRAIN SUNCHIPS   WHOLE GRAIN RICE CAKE   ENRICHED GRAHAM CRACKERS   Image: Constraint of the state of th	Fluid Milk	*MILK	* MILK	*MILK		
Meat/Meat Alternate   WHOLE GRAIN SUNCHIPS   WHOLE GRAIN RICE CAKE   ENRICHED GRAHAM CRACKERS   Image: Composition of the composition of th		□ Whole Grain	Whole Grain	□ Whole Grain	□ Whole Grain	🗌 Whole Grain
Whole Grain/Grain Alternate   FRUIT SALAD   CANTALOUPE   100% BERRY JUICE   Image: Cantal content of the state of the	PM SNACK					
Vegetable or Fruit   WATER   WATER   WATER   WATER     Fluid Milk   WATER   WATER   WATER   WATER   Water     TWO COMPONENTS   Whole Grain   <	Meat/Meat Alternate	WHOLE GRAIN SUNCHIPS	WHOLE GRAIN RICE CAKE	ENRICHED GRAHAM CRACKERS		
Fluid Milk   WATER   WATER   WATER     TWO COMPONENTS   Whole Grain   Whole Grain <th>Whole Grain/Grain Alternate</th> <th>FRUIT SALAD</th> <th>CANTALOUPE</th> <th>100% BERRY JUICE</th> <th></th> <th></th>	Whole Grain/Grain Alternate	FRUIT SALAD	CANTALOUPE	100% BERRY JUICE		
TWO COMPONENTS   Whole Grain   Whole Grain   Whole Grain   Whole Grain   Whole Grain   Whole Grain     DINNER   NATIONAL LASAGNA DAY   STUFFED BELL PEPPERS   Keat/Meat Alternate   GROUND BEEF   GROUND TURKEY   CHICKEN SALAD   For an and an and and and and and and and a	Vegetable or Fruit					
DINNER   NATIONAL LASAGNA DAY   STUFFED BELL PEPPERS     Meat/Meat Alternate   GROUND BEEF   GROUND TURKEY   CHICKEN SALAD     Whole Grain/Grain Alternate   WHOLE WHEAT LASAGNA PASTA   WHOLE WHEAT BROWN RICE   ENRICHED CROISSANT     Vegetable or Fruit   TOSSED SALAD   COLORFUL PEPPERS   SLICED CUCUMBERS	Fluid Milk	WATER	WATER	WATER		
Meat/Meat AlternateGROUND BEEFGROUND TURKEYCHICKEN SALADWhole Grain/Grain AlternateWHOLE WHEAT LASAGNA PASTAWHOLE WHEAT BROWN RICEENRICHED CROISSANTVegetable or FruitTOSSED SALADCOLORFUL PEPPERSSLICED CUCUMBERS	TWO COMPONENTS	Whole Grain	Whole Grain	□ Whole Grain	□ Whole Grain	Whole Grain
Whole Grain/Grain Alternate   WHOLE WHEAT LASAGNA PASTA   WHOLE WHEAT BROWN RICE   ENRICHED CROISSANT     Vegetable or Fruit   TOSSED SALAD   COLORFUL PEPPERS   SLICED CUCUMBERS	DINNER	NATIONAL LASAGNA DAY	STUFFED BELL PEPPERS			
Vegetable or Fruit TOSSED SALAD COLORFUL PEPPERS SLICED CUCUMBERS	Meat/Meat Alternate	GROUND BEEF	GROUND TURKEY	CHICKEN SALAD		
	Whole Grain/Grain Alternate	WHOLE WHEAT LASAGNA PASTA	WHOLE WHEAT BROWN RICE	ENRICHED CROISSANT		
Vegetable CORN ON THE COB TRI COLOR COLESALW BABY CARROTS	Vegetable or Fruit	TOSSED SALAD	COLORFUL PEPPERS	SLICED CUCUMBERS		
	Vegetable		TRI COLOR COLESALW			
	Fluid Milk	*MILK	*MILK	*MILK		
Whole Grain   Whole Grain   Whole Grain   Whole Grain   Whole Grain		□ Whole Grain	🗌 Whole Grain	□ Whole Grain	U Whole Grain	Whole Grain
EVENING SNACK	EVENING SNACK					
Meat/Meat Alternate ENRICHED GRAHAM CRACKERS ENRICHED TRISCUIT CRACKERS WHOLE GRAIN SESAME STICKS	Meat/Meat Alternate	ENRICHED GRAHAM CRACKERS	ENRICHED TRISCUIT CRACKERS	WHOLE GRAIN SESAME STICKS		
Whole Grain/Grain Alternate CRUSHED PINEAPPLE BOILED EGG HALVES CINNAMON APPLESAUCE	Whole Grain/Grain Alternate	CRUSHED PINEAPPLE	BOILED EGG HALVES	CINNAMON APPLESAUCE		
Vegetable or Fruit	Vegetable or Fruit					
Fluid Milk WATER	Fluid Milk	WATER				
	TWO COMPONENTS					
* One year olds are served Unflavored Whole Milk. Two years old and older are served unflavored 1% or Fat Free Milk. Milk substitutes must have a medical statement.		* One year olds are served	Unflavored Whole Milk. Two years ol	d and older are served unflavored 19	% or Fat Free Milk. Milk substitutes n	nust have a medical statement.