

Monday	Tuesday	Wednesday	Thursday	Friday
Week 1				
Trail Mix (Toasted O's, Dried Fruit Bits, Shredded Coconut, Sunflower Seeds) Milk	Whole Wheat Bread Soy Butter 100% Fruit Spread	Shredded Wheat Bananas Milk	Seasonal Fruits ² Thin Sliced Bagels Milk	Plain Yogurt Granola Mixed Berries ¹
Pasta Salad (Whole Grain & Garden Rotini with Vegetables ²) 100% Juice ¹	TLC 7-Grain Crackers Cheese Slices 100% Apple Juice ¹	Pita Bread Hummus Red Pepper Slices ²	Refried Vegetarian Black Beans Shredded Cheese Whole Wheat Tortilla	Broccoli and Carrot ² Salad with Raisins and Poppy Seed Dressing Black Bean Chips
Week 2				
Triscuits Apple Sauce Milk	Whole Grain English Muffins Banana Slices Sunflower Seed Spread	Wheat Squares Dried Apricots ² Milk	Seasonal Fruit Combo ² Brown Rice Cakes Milk	TLC Pita Crackers Pimento Cheese Spread V8 Fusion Juice ²
Collard Greens ² Cornbread 100% Orange Juice ¹	Multigrain Tortilla Monterrey Jack Cheese Cubes Bell Pepper Slices ¹	Spinach Salad with Carrots ² and Tomatoes ² Cheddar Bunnies	French Bread Cucumbers Cottage Cheese	Edamame ¹ with Sesame-Ginger Dressing Brown Rice Crisps
Week 3				
Pineapple Chunks ¹ Cottage Cheese	Puffins Cereal Bananas Milk	Whole Wheat Bagels 100% Fruit Spread Milk	Seasonal Fruit Combo ² Cheese Cubes	Unsalted Tortilla Chips Vegetarian Bean Dip 100% Juice ¹
"Fried" Rice (Brown Rice with Peas and Carrots ²) Milk	Seasonal Vegetable ² Multigrain Melba Toast Veggie Yogurt Dip	Riata (Cucumber-Yogurt Dip) Whole Grain Naan 100% Juice ²	Avocado Mild Salsa Baked Blue Tortilla Chips	Apple Slices Mozzarella String Cheese
Week 4				
Whole Grain Goldfish Dried Figs Milk	Challah Bread Apple Butter Milk	Toasted O's Cereal Bananas Milk	Seasonal Fruit ² Whole Grain Pretzels Milk	Multi Grain Wheat Thins Provolone Cheese V8 Fusion Juice ²
Spring Mix with Carrots ² and Tomatoes ² Hard-boil Egg Slices Balsamic Vinaigrette	Multigrain Bread Seasonal Citrus ¹ Soy Butter	Squash Sticks ² Spinach-Yogurt Dip 100% Orange Juice ¹	Apple Slices Goat Cheese Blue Corn Crackers	Bean, Corn, and Tomato ² Salad Flaxseed Chips

¹Significant Source of Vitamin C
MILK IS PROVIDED AT LUNCH

²Significant Source of both Vitamin A and C
WATER IS OFFERED AT ALL SNACKS AND LUNCH