## What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 BBQ Beef Riblet on Wheat Hamburger Bun - 1 Diced Carrots - 3/4c Fresh Banana - 1 1% White Milk-6 oz.	Beef Tacos w/ Shredded Cheddar Cheese on W/G Flour Tortillas -2 Green Beans - 1/2c Applesauce Cup -1/2 c. 1% White Milk-6 oz.	3 BREAKFAST FOR LUNCH French Toast Sticks -3 w/Syrup Turkey Sausage Links -3 oz. Fresh Baby Carrots w/ Dip-3/4c. Fresh Apple - 1 1% White Milk-6oz.	Whole Wheat 3x5 Cheese Pizza-1 Romaine Salad w/ Dressing-1 c. Fresh Orange-1 Mozzarella Cheese Sticks-1 1% White Milk-6 oz.
7 W/G Chicken Nuggets-4 Mixed Vegetables-1/2 c. Diced Pear Cup-1/2 c. Whole Wheat Dinner Roll 1% White Milk-6 oz.	W/G Cheese Manicotti-2 w/ Spaghetti Sauce Green Beans - 1/2c Mixed Fruit Cup-1/2c Wheat Dinner Roll - 1 1% White Milk-6 oz.	All Beef Hamburger on a Whole Wheat Bun-1 Diced Carrots-3/4 c. Fresh Banana-1 1% White Milk-6 oz.	Grilled Chicken Fillet with Gravy-3 oz. Mashed Potatoes-1/2 c. Fresh Pear - 1 Whole Grain Bread 1% White Milk-6 oz.	Macaroni & Cheese - 6oz Broccoli Floretts-1/2 c. Whole Grain Bread Fresh Apple-1 1% White Milk-6 oz.
Breaded Chicken Patty on a Whole Wheat Bun-1 Corn-1/2 c. Mandarin Orange Cup-1/2 c. 1% White Milk-6 oz.	Chicken Meatballs Parmigiana on Wheat Hot Dog Bun - 1 Mixed Vegetables - 1/2c Fresh Apple - 1 1% White Milk-6 oz.	Roast Beef & Provolone on W/G Potato Bun-1 Fresh Baby Carrots w/ Dip-3/4 c. Diced Pear Cup-1/2 c. 1% White Milk-6 oz.	W/G Cavatappi Pasta & Broccoli w/ Alfredo Sauce - 3oz Whole Wheat Dinner Roll Fresh Apple - 1 1% White Milk-6 oz.	Whole Wheat 3x5 Cheese Pizza-1 3 Bean Salad Cup - 1/2c Fresh Orange-1 Mozzarella Cheese Sticks-1 1% White Milk-6 oz.
Grilled BBQ Chicken Fillet on a W/W Bun-1 Mixed Vegetables-1/2 c. Mixed Fruit Cup-1/2 c. 1% White Milk-6 oz.	Beef Meatloaf w/ Ketchup-3 oz. French Fries - 1/2c. Whole Grain Bread Fresh Pear - 1 1% White Milk-6 oz.	W/G Chicken Drummies -4 Diced Carrots - 3/4c Wheat Dinner Roll - 1 Fresh Banana - 1 1% White Milk-6 oz.	All Beef Hot Dog -1 Corn 1/2 cup Mixed Fruit Cup - 1/2c W/G Hotdog Bun - 1 1% White Milk-6oz.	Macaroni & Cheese - 6oz Broccoli Floretts-1/2 c. Whole Grain Bread-1 Fresh Apple-1 1% White Milk-6 oz.
W/G Chicken Nuggets-4 Mixed Vegetables-1/2 c. Fresh Orange -1 Wheat Dinner Roll - 1 1% White Milk-6 oz.	Spaghetti w/ Meatballs-6 oz Dinner Roll -1 Peas 1/2cup Diced Pineapple Cup - 1/2c 1% White Milk-6 oz.	Beef Meatballs Parmigiana on Whole Wheat Hot Dog Bun-1 Green Beans - 1/2c Fresh Banana - 1 1% White Milk-6 oz.		MIXED FRUIT CUP CONTAINS THE FOLLOWING: (Peaches,Pears, and Pineapple)  MIXED VEGETABLES CONTAIN THE FOLLOWING: Peas,Carrots,Corn,Green Beans