

# Lunch

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|--|---|---|---|
| <b>Week 1</b><br>Mandarin Orange Chicken-19g<br>Fried Rice-25g<br>Celery Sticks-0g<br>Baby Carrots-7g<br>Tropical Fruit-22g | Nacho Bites-32g<br>Tomato Salsa-2g<br>Refried Beans-25g<br>Mandarin Oranges-19g                        | Corn Dog-31g<br>Tiny Tri Taters-27g<br>Grape Tomatoes-2g<br>Orange Wedges-15g                         | Mozzarella Sticks-14g<br>Marinara Sauce -2g<br>Garden Salad-1g<br>Bananas-21g | French Toast Sticks-43g<br>Sausage Patties-1g<br>Ranch Corn-15g<br>Cauliflower-2g<br>Sliced Apples-7g |
| <b>Week 2</b><br>Pork Ribette-8g<br>Hamburger Bun-27g<br>Green Beans-4g<br>Baby Carrots-7g<br>Diced Pear-19g                | Chicken Nuggets-12g<br>Dinner Roll-14g<br>Tater Tots-19g<br>Cucumber Slices-2g<br>Mandarin Oranges-19g | Chicken Strips-16g<br>Waffles-16g<br>Broccoli-2g<br>Grape Tomatoes-2g<br>Orange Wedges-15g            | Chili-26g<br>Fritos-15g<br>Garden Salad-1g<br>Bananas-21g                     | Chicken Quesadilla-20g<br>Celery Sticks-0g<br>Cauliflower-2g<br>Sliced Apples-7g                      |
| <b>Week 3</b><br>Macaroni and Cheese-20g<br>Celery Sticks-0g<br>Baby Carrots-7g<br>Tropical Fruit-22g                       | Hamburger-7g<br>Bun-27g<br>Cauliflower-2g<br>Broccoli-2g<br>Mandarin Oranges-19g                       | Chicken Tortilla Soup-20g<br>Tortilla Chips-18g<br>Black Bean and Corn Salsa-11g<br>Orange Wedges-15g | Galaxy Pizza-33g<br>Tiny Tri Taters-27g<br>Grape Tomatoes-2g<br>Bananas-21g   | Crispy Chicken Sandwich-34g<br>Lettuce & Tomato-1g<br>Cucumber Slices-2g<br>Sliced Apples-7g          |

# Breakfast

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  |
|--|--|---|---|---|
| <b>Week 1</b><br>Strawberry Pop Tart-38g<br>Tropical Fruit Cup-17g<br>Fruit Juice Choice<br>Milk Choice        | Sausage Breakfast Sandwich-21g<br>Apple Slices-7g<br>Fruit Juice Choice<br>Milk Choice | Cinnamon Toast Crunch Cereal Bar-30g<br>Fresh Banana-21g<br>Fruit Juice Choice<br>Milk Choice | Chicken Biscuit Sandwich-32g<br>Cinnamon Applesauce-13g<br>Fruit Juice Choice<br>Milk Choice  | Oatmeal Chocolate Chip Bar-47g<br>Strawberry Raisins-25g<br>Fruit Juice Choice<br>Milk Choice       |
| <b>Week 2</b><br>Fruit Cheerios Cereal Bar-30g<br>Pineapple Fruit Cup-15g<br>Fruit Juice Choice<br>Milk Choice | Breakfast Burrito-16g<br>Apple Slices-7g<br>Fruit Juice Choice<br>Milk Choice          | Breakfast Round-44g<br>Fresh Banana-21g<br>Fruit Juice Choice<br>Milk Choice                  | Apple Cinnamon Muffin Top-42g<br>Cinnamon Applesauce-13g<br>Fruit Juice Choice<br>Milk Choice | Cherry Yogurt-20g<br>Graham Cracker Dunker-19g<br>Craisins-25g<br>Fruit Juice Choice<br>Milk Choice |
| <b>Week 3</b><br>Cheese Stuffed Pretzel-38g<br>Tropical Fruit Cup-17g<br>Fruit Juice Choice<br>Milk Choice     | Pancake on a Stick-18g<br>Apple Slices-7g<br>Fruit Juice Choice<br>Milk Choice         | Cinnamon Pop Tart-37g<br>Fresh Banana-21g<br>Fresh Juice Choice<br>Milk Choice                | Banana Bread-44g<br>Cinnamon Applesauce-13g<br>Fruit Juice Choice<br>Milk Choice              | French Toast Bar-47g<br>Sour Lemon Raisins-25g<br>Fruit Juice Choice<br>Milk Choice                 |

# Second Options

| <b>Juice</b>     | <b>Milk</b>    | <b>Condiments</b>   | <b>Second Entrée</b>                        |
|------------------|----------------|---------------------|---|
| Apple Cherry-16g | Chocolate-24 g | Mustard-0g          | Un crustable-32g                            |
| Apple-14g        | White Skim-11g | Ketchup-3g          | Fruit Salad-85g                             |
| Orange-13g       | White 1%-11g   | BBQ Sauce-4g        | Yogurt-20g<br>Muffin-49g<br>Cheese Stick-1g |
|                  |                | Buffalo Sauce-2g    | Southwest Chef's Salad-54g                  |
|                  |                | Salsa-1g            | Hummus Plate-31g                            |
|                  |                | Jelly-9g            | Yogurt Parfait-75g                          |
|                  |                | Syrup-20g           | Garden Chef's Salad- 38g                    |
|                  |                | Sugar Free Syrup-8g |   |
|                  |                | Mayo-3g             |   |
|                  |                | Ranch (small)-4g    |   |
|                  |                | Ranch (big)-14g     |   |
|                  |                | French-14g          |   |

|  |  |                            |  |
|--|--|----------------------------|--|
|  |  | Italian-4g                 |  |
|  |  | Raspberry Vinaigrette- 12g |  |

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## FFVP

| Week  | Tuesday             | Thursday                  |
|---|---------------------|---------------------------|
| August 16 <sup>th</sup> & 18 <sup>th</sup>    | Purple Grapes – 11g | Heriloom Tomatoes- 5g     |
| August 23 <sup>rd</sup> & 25 <sup>th</sup>    | Cantaloupe – 10g    | Cauliflower-3g            |
| August 30 <sup>th</sup> & September 1st       | Apricots – 4g       | Green Pepper Strips – 6g  |
| September 6 <sup>th</sup> & 8th               | Clementine – 9g     | Collard Greens – 3oz      |
| September 13 <sup>th</sup> & 15 <sup>th</sup> | Opal Apple- 22g     | Arugula -2g               |
| September 20 <sup>th</sup> & 22 <sup>nd</sup> | Blueberries- 8g     | Sugar Snap Peas- 4g       |
| September 27 <sup>th</sup> & 29 <sup>th</sup> | Peaches-13g         | Orange Pepper Strips – 6g |
| October 4 <sup>th</sup> & 6 <sup>th</sup>     | Blackberries – 6g   | Yellow Grape Tomatoes -4g |
| October 11 <sup>th</sup> & 13 <sup>th</sup>   | Tangerines- 10g     | Orange Cauliflower- 3g    |
| October 18 <sup>th</sup> & 20 <sup>th</sup>   | Nectarines – 14g    | Zucchini Sticks – 4g      |
| November 1 <sup>st</sup> & 3rd                | Plums – 8g          | Snow Pea Pods- 5g         |
| November 8 <sup>th</sup> & 10 <sup>th</sup>   | Comice Pears- 23g   | Jicama- 10g               |
| November 15 <sup>th</sup> & 17 <sup>th</sup>  | Starfruit- 8g       | Endive- 2g                |
| Nov 29 <sup>th</sup> & Dec 1 <sup>st</sup>    | Grapefruit- 10g     | Parsnips – 11g            |
| Dec 6 <sup>th</sup> & 8 <sup>th</sup>         | Pineapple – 15g     | Bok Choy – 2g             |
| Dec 13 <sup>th</sup> & 15 <sup>th</sup>       | Pomegranate – 11g   | White Baby Carrots – 5g   |