

Monday	Tuesday	Wednesday	Thursday	Friday
Protein: Chicken Caesar Salad (2 oz) Whole Grain: WG Croutons (2) Vegetable: Chopped Romaine (2 oz) Fruit: Fresh Orange (1 each) Condiment: Parm Caesar Dressing (1 each)	Protein: Ground Beef Soft Taco (4 oz) Whole Grain: WG Tortilla (2 each) Vegetable: Mexicorn (3 oz) Fruit: Fresh Apple (1 each) Condiments: Taco Sauce, Sour Cream Cheddar Cheese (1 each)	Protein: Ginger Soy Chicken (1 drumstick) Whole Grain: WG Asian Pasta Salad (3.5 oz) Vegetable: Raw Cucumbers w/ Ranch (3 oz) Fruit: Fresh Banana (1 each) Whole Grain: WG Fortune Cookie (1 each) Condiment: Ranch, Chow Mein (1oz)	Protein: WG Chicken Tenders (2 tenders) Whole Grain: Waffle (1 each) Vegetable: California Blend (3 oz) Fruit: Fresh Grapes (3 oz) Condiment: Hot Sauce (1 each) Condiment: Syrup (1 each)	Protein: Cheeseburger (1 each) Whole Grain: WG Burger Bun (1 each) Vegetable: Potato Wedges (2.5 oz) Fruit: Fresh Strawberry (4 oz) Condiments: Ketchup, Mayo and Mustard (1 each)
Protein: Cranberry Chicken Salad (3 oz) Whole Grain: WG Bun (#16 scoop) Vegetable: Celery w/ Ranch (3 oz) Fruit: Fresh Apple (1 each) Condiment: Ranch (1 each)	Protein: Al Pastor Beef (3.5 oz) Whole Grain: WG Tortillas (2 each) Vegetable: Mexicorn (3 oz weight) Fruit: Fresh Orange (1 each) Condiments: Pico / Sour Cream (1 each)	Protein: Garlic Herb Chicken (1 Chicken) Whole Grain: WG Lemony Pasta Salad (3.5 oz) Vegetable: Buttered Peas (3 oz) Fruit: Fresh Banana (1 each)	Protein: Philly Cheesesteak (3 oz weight) Whole Grain: WG Hot Dog Bun (1 each) Vegetable: California Blend (3 oz) Fruit: Fresh Grapes (3 oz) Dairy Condiment: Mozzarella (0.5 oz)	Protein: Buffalo Chicken Enchilada Dip (4.5 oz) Whole Grain: WG Tortilla Chips (1 oz) Vegetable: Sliced Cucumbers (3.5 oz) Fruit: Strawberries (4 oz) Condiment: Hot Sauce/ Ranch (1 each)
Protein: Beef Taco Salad (2 oz) Whole Grain: WG Tortilla Chips (3 oz) Vegetable: Chopped Romaine (2 oz) Fruit: Fresh Apple (1 each) Dairy: Cheddar Cheese (0.5 oz) Vegetable: Diced Tomatoes (0.25 oz) Condiment: Taco Sauce (2 each) Sour Cream (1 each)	Protein: Cajun Chicken Taco (3 oz) Whole Grain: WG Tortilla (2 each) Vegetable: Cajun Corn (3 oz) Fruit: Fresh Orange (1 each) Vegetable: Diced Tomato (0.25 oz) Condiment: Garlic Lime Ranch (0.5 oz)	Protein: Buffalo Ranch Chicken Patty (1 each) Whole Grain: WG Bun (1 each) Vegetable: Italian Blend (3 oz) Fruit: Fresh Banana (1 each) Dairy: Sliced Cheddar (1 each) Condiment: Buffalo Ranch Cup (1 each)	Protein: All Beef Hot Dog (1 each) Whole Grain: WG Hot Dog Bun (1 each) Vegetable: Potato Wedges (2.5 oz weight) Fruit: Fresh Grapes (4 oz weight) Condiment: Ketchup (2 each) Condiment: Mustard (1 each)	Protein: Sweet & Sour Chicken (3 oz) Whole Grain: WG Brown Rice (3.5 oz) Vegetable: Raw Carrots w/ Ranch (3 oz) Fruit: Mixed Berries (4 oz) Whole Grain: Fortune Cookie (1 each) Condiment: Soy Sauce (1 each) Sweet & Sour Sauce (1 each)
Protein: Chicken Nuggets (3 oz) Whole Grain: WG Cheez-it (1 bag) Vegetable: Broccoli (3.5 oz) Fruit: Fresh Orange (1 each) Condiment: BBQ (1 each) Condiment: Ketchup (1 each)	Protein: Big Mac Taco (3 oz) Whole Grain: WG Tortilla (2 each) Vegetable: Potato Wedges (2.5 oz) Side Vegetables: Pickle & Lettuce Fruit: Fresh Banana (1 each) Condiment: Ketchup,1000 Island Dressing Mustard (1 each)	Protein: Barbecue Chicken (1 drumstick) Whole Grain: WG Roll (1 each) Vegetable: Southern Green Beans (3 oz) Fruit: Fresh Apple (1 each)	Protein: Asian Chicken Salad (2 oz) Whole Grain: WG Education Crackers (1) Vegetable: Green Salad (2 oz) Fruit: Mandarin Oranges (1) Condiment: Honey Mustard Dressing (1) Chow Mein (0.25 oz)	Protein: Corndog (1 each) Whole Grain: WG Soft Pretzel (1 each) Vegetable: Celery Sticks (3 each) Fruit: Fresh Strawberries (4 oz) Condiment: Mustard, Ketchup, Ranch (1 each)