

<p>1 Sweet N Sour Chicken—3 oz. WG Brown Rice—1/2 cup Garden Salad—1 cup (FR) Grapes—1/2 cup (FR) Skim Milk—8 fl. oz.</p>	<p>2 Spaghetti w/ Meatsauce WG Spaghetti—1/2 c Beef—2 oz. Steamed Mixed Veggies—1/2 cup (FZ) Banana—1 each (FR) Skim Milk—8 fl. oz.</p>	<p>3 Buffalo chicken sandwich—4 oz. Wheat Bun—1 each Lettuce/tomato salad—4 oz. (FR) Cantaloupe—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>4 Chicken Queso—4 oz. WG Tortilla Chips—1 oz. Corn—1/2 cup (FZ) Watermelon—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>5 Chicken Cordon Bleu Bake —4 oz. (WG) WG Penne Noodles—1/2 cup Chicken—2 oz. Garlic Bread—1 slice Green Beans —1/2 cup (FZ) Pineapple—4 oz. (FR) Skim Milk—8 fl. oz.</p>
<p>8 Beef Nachos—3 oz. WG Tortilla Chips—1 oz. Lettuce/Tomato Salad—1 cup (FR) Orange—1 each (FR) Skim Milk—8 fl. oz.</p>	<p>9 Beef Fajitas—4 oz. WG Tortilla—1 each Garden Salad—1 cup (FR) Sliced Cantaloupe—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>10 Philly Cheese Sub—4 oz. Wheat Bun—1 each Lettuce/tomato s—1 cup (FR) Broccoli &amp; Ranch —4 oz. (FR) Watermelon—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>11 Chicken Parm Bake—4 oz. Wheat Bun —1 each Steamed Veggies—1/2 cup (FZ) Pineapple—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>12 Chicken N Noodles—4 oz. WG Honey Roll—1 each Green Beans—1/2 cup (FZ) Peaches—1/2 cup (CN) Skim Milk—8 fl. oz.</p>
<p>15 Pulled BBQ Chicken—2 oz. Wheat Bun—1 serving Roasted Potatoes—1/2 cup (FR) Apple—1 each (FR) Skim Milk—8 fl. oz.</p>	<p>16 Chicken Soft Tacos—2 oz. WG Tortilla—1 serving Lettuce/Tomato Salad—1 cup (FR) Pineapple—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>17 Grilled Chicken Salad - chicken 2 oz., salad 1 cup (FR) WG Roll—1 each Grapes—1/2 cup (FR) Skim Milk—8 fl. oz.</p>	<p>18 BBQ Meatballs—3 oz. WG Bread Stick—1 each Corn on the Cob—4 oz. (FZ) Sliced Cantaloupe—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>19 Chicken Alfredo Chicken—2 oz. WG Penne Pasta—2 oz Garlic Bread—1 each Garden Salad—1 cup (FR) Banana—1 each (FR) Skim Milk—8 fl. oz.</p>
<p>22 Meatball Sub—2 oz. Whole Wheat Bun—1 each Baby Carrots w/ Ranch—1/2 cup (FR) Peaches—1/2 cup (FZ) Skim Milk—8 fl. oz.</p>	<p>23 BBQ Chicken—2 oz. WG Honey Roll—1 each Green Beans—1/2 cup (FZ) Baked Apples—1/2 cup (CN) Skim Milk—8 fl. oz.</p>	<p>24 Chicken Queso—4 oz. WG Tortilla Chips—1 oz. Corn—1/2 cup (FZ) Cantaloupe—4 oz. (FR) Skim Milk—8 fl. oz.</p>	<p>25 Beef Soft Tacos—2 oz. WG Tortillas—2 each Lettuce/Tomato—1cup (FR) Grapes—1/2 cup (FR) Skim Milk—8 fl. oz.</p>	<p>26 BBQ Beef—3 oz. Wheat Bun—1 each Baked Beans—1/2 cup (CN) Pineapple—4 oz. (FR) Skim Milk—8 fl. oz.</p>
<p>29 Fried Chicken—3 oz. WG Mac N Cheese—3 oz. Cherry Tomatoes—1/2 c. (FR) Applesauce—1/2 cup (CN) Skim Milk—8 fl. oz.</p>	<p>30 Beef Tacos—2 oz. WG Taco Shell—2 each Lettuce/Tomatoes—1/2 c. (FR) Pineapple —1/2 c (FR) Skim Milk—8 fl. oz.</p>			