



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1		1 <input type="checkbox"/> Baked ziti,turkey marinara,seasonal veggies,fresh fruits,wheat bread <input type="checkbox"/> Chicken nuggets & fresh fruits <input type="checkbox"/> Alternative <input type="checkbox"/> Milk OR Water	2 <input type="checkbox"/> BBQ chicken,yellow rice,pinto beans,fresh fruits <input type="checkbox"/> Chicken nuggets & fresh fruits <input type="checkbox"/> Alternative <input type="checkbox"/> Milk OR Water	3 <input type="checkbox"/> Mac & beef,peas & carrots,fresh fruits,wheat bread <input type="checkbox"/> Chicken nuggets & Fresh Fruit <input type="checkbox"/> Alternative <input type="checkbox"/> Milk OR Water	4 <input type="checkbox"/> Thai chicken,caulif lower rice,green beans,fresh fruits <input type="checkbox"/> Chicken nuggets & fresh fruits <input type="checkbox"/> Alternative <input type="checkbox"/> Milk OR Water	5  PIZZA FRIDAY
	WEEK 2		8 <input type="checkbox"/> Beef lasagna,seasonal veggies, fresh fruits,wheat bread <input type="checkbox"/> Chicken nuggets & fresh fruits <input type="checkbox"/> Alternative <input type="checkbox"/> Milk OR Water	9 <input type="checkbox"/> Chicken & beef, meatballs,mashed potatoes,carrots,fresh fruits <input type="checkbox"/> Chicken nuggets & fresh fruits <input type="checkbox"/> Alternative <input type="checkbox"/> Milk OR Water	10 <input type="checkbox"/> Lean turkey ,brown rice,black beans,fresh fruits <input type="checkbox"/> Chicken nuggets & fresh fruits <input type="checkbox"/> Alternative <input type="checkbox"/> Milk OR Water	11 <input type="checkbox"/> Chicken paella,garden peas,fresh fruits,bread <input type="checkbox"/> Chicken nuggets & fresh fruits Alternative <input type="checkbox"/> Milk OR Water
WEEK 3			15 <input type="checkbox"/> Mac & Cheese,shredded chicken,peas & carrots,fresh fruits,bread <input type="checkbox"/> Chicken nuggets & fresh fruits <input type="checkbox"/> Alternative <input type="checkbox"/> Milk OR Water	16 <input type="checkbox"/> Glazed chicken, rice & beans,fresh fruits <input type="checkbox"/> Chicken nuggets & fresh fruits <input type="checkbox"/> Alternative <input type="checkbox"/> Milk OR Water	17 <input type="checkbox"/> Beef & potatoes,basmati rice,beans,fresh fruits <input type="checkbox"/> Chicken nuggets & fresh fruits <input type="checkbox"/> Alternative <input type="checkbox"/> Milk OR Water	18 <input type="checkbox"/> Orange chicken,mashed potatoes,green beans,fruits,bread <input type="checkbox"/> Chicken nuggets & fresh fruits <input type="checkbox"/> Alternative <input type="checkbox"/> Milk OR Water
	WEEK 4		22 <input type="checkbox"/> Rotini pasta,beef bolognais,seasonal veggies,wheat bread <input type="checkbox"/> Chicken nuggets & fresh fruits <input type="checkbox"/> Alternative <input type="checkbox"/> Milk OR Water	23 <input type="checkbox"/> Roasted chicken,mashed potatoes,veggies,fresh fruits,bread <input type="checkbox"/> Chicken nuggets & fresh fruits <input type="checkbox"/> Alternative <input type="checkbox"/> Milk OR Water	24 <input type="checkbox"/> Ground beef, yellow rice,lentils, bread <input type="checkbox"/> Chicken nuggets & fresh fruits <input type="checkbox"/> Alternative <input type="checkbox"/> Milk OR Water	25 <input type="checkbox"/> Mac & chicken,peas & carrots,fresh fruits,wheat bread <input type="checkbox"/> Chicken nuggets & fresh fruits <input type="checkbox"/> Alternative <input type="checkbox"/> Milk OR Water
WEEK 5		29 <input type="checkbox"/> Chicken alfredo,penne pasta,sweet peas,wheat bread <input type="checkbox"/> Chicken nuggets & fresh fruits <input type="checkbox"/> Alternative <input type="checkbox"/> Milk OR Water	30 <input type="checkbox"/> Ground Turkey,veggie rice,garbanzo,fresh fruits <input type="checkbox"/> Chicken nuggets & fresh fruits <input type="checkbox"/> Alternative <input type="checkbox"/> Milk OR Water			

NAME _____

CLASSROOM _____