

9-12 Menu – Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Oven Baked Chicken Colorful Curried Rice Vitamin-Rich Steamed Broccoli Mandarin Oranges Apple Crisp Milk Choice</p>	<p>Sloppy Joe on a Bun Crunchy Carrots and Celery with Creamy Hummus Dip Fresh Green Grapes Canned Pineapple Baked Chips** Milk Choice</p>	<p>Loaded Pork Tacos Fiesta Refried Beans Golden Corn Sliced Pears Fresh Melon Cup Chocolate Pudding** Milk Choice</p>	<p>Savory Spaghetti & Meat Sauce Breadstick Crisp Green Salad Sliced Peaches Banana Milk Choice</p>	<p>Sweet and Sour Chicken and Rice Bowl Asian Medley Vegetables Apple Slices Strawberry Cup Snickerdoodle Milk Choice</p>

Notes:

** Indicates an “extra” item that does not contribute to the meal pattern

All grains are whole grain rich.

Milk Choice includes:
 1% White
 Skim White
 Skim Chocolate



9-12 Menu – Week 1 with Grab ‘n’ Go

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Oven Baked Chicken Colorful Curried Rice Vitamin-Rich Steamed Broccoli Mandarin Oranges Apple Crisp Milk Choice</p>	<p>Sloppy Joe on a Bun Crunchy Carrots and Celery with Creamy Hummus Dip Fresh Green Grapes Canned Pineapple Baked Chips** Milk Choice</p>	<p>Loaded Pork Tacos Fiesta Refried Beans Golden Corn Sliced Pears Fresh Melon Cup Chocolate Pudding** Milk Choice</p>	<p>Savory Spaghetti & Meat Sauce Breadstick Crisp Green Salad Sliced Peaches Banana Milk Choice</p>	<p>Sweet and Sour Chicken and Rice Bowl Asian Medley Vegetables Apple Slices Strawberry Cup Snickerdoodle Milk Choice</p>
<p>Tuna Salad Sandwich Carrots and Jicama with Dip Applesauce Cup Assorted Whole Fruit* Baked Chips* (**) Milk Choice</p>	<p>Berry Chicken Salad Dinner Roll Canned Peaches Assorted Whole Fruit* Milk Choice</p>	<p>Greek Turkey Pita Carrots and Cucumbers with Dip Fresh Melon Cup Assorted Whole Fruit* Milk Choice</p>	<p>Taco Salad Southwest Salsa Strawberry Cup Assorted Whole Fruit* Milk Choice</p>	<p>Chicken Caesar Wrap Tomato Corn Salad Crunchy Carrot Sticks and Dip Grapes Assorted Whole Fruit* Oatmeal Cookie Milk Choice</p>

Notes:

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Milk Choice includes:

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Skim White
Skim Chocolate

