

9-12 Menu – Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Toasted Cheese Sandwich Mouth-Watering Minestrone Soup Cottage Cheese Oven Roasted Potato Wedges Fresh Pear Pineapple Chunks Milk Choice	Creamy Chicken Alfredo Cheesy Garlic Bread Vibrant Green Peas Cherr-ific Salad Vanilla Apples with Raisins Milk Choice	Turkey and Cheese Sub Sweet Cinnamon Squash Crunchy Carrot Sticks and Dip Canned Peaches Baked Chips** Milk Choice	Pizza Sticks with Marinara Sauce Italian Bean Salad Golden Corn Razy Cran-Grape Gelatin with Whipped Topping Milk Choice	Hearty Chicken Pot Pie Dinner Roll with Butter Green and Gold Steamed Broccoli Strawberries and Bananas Clementine Milk Choice

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 3 with Grab ‘n’ Go

Monday	Tuesday	Wednesday	Thursday	Friday
Toasted Cheese Sandwich Mouth-Watering Minestrone Soup Cottage Cheese Oven Roasted Potato Wedges Fresh Pear Pineapple Chunks Milk Choice	Creamy Chicken Alfredo Cheesy Garlic Bread Vibrant Green Peas Cherr-ific Salad Vanilla Apples with Raisins Milk Choice	Turkey and Cheese Sub Sweet Cinnamon Squash Crunchy Carrot Sticks and Dip Canned Peaches Baked Chips** Milk Choice	Pizza Sticks with Marinara Sauce Italian Bean Salad Golden Corn Razy Cran-Grape Gelatin with Whipped Topping Milk Choice	Hearty Chicken Pot Pie Dinner Roll with Butter Green and Gold Steamed Broccoli Strawberries and Bananas Clementine Milk Choice
Tuna Salad Sandwich Carrots and Jicama with Dip Applesauce Cup Assorted Whole Fruit* Baked Chips* (**) Milk Choice	Berry Chicken Salad Dinner Roll Canned Peaches Assorted Whole Fruit* Milk Choice	Greek Turkey Pita Carrots and Cucumbers with Dip Fresh Melon Cup Assorted Whole Fruit* Milk Choice	Taco Salad Southwest Salsa Strawberry Cup Assorted Whole Fruit* Milk Choice	Chicken Caesar Wrap Tomato Corn Salad Crunchy Carrot Sticks and Dip Grapes Assorted Whole Fruit* Oatmeal Cookie Milk Choice

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

