

<u>credit</u>	<u>Monday</u>	<u>credit</u>	<u>Tuesday</u>	<u>credit</u>	<u>Wednesday</u>	<u>credit</u>	<u>Thursday</u>	<u>credit</u>	<u>Friday</u>
	NO SCHOOL MLK Day	2 oz	Hamburger (4808)	2.5 oz	Zesty Orange (6899) Chicken (5 ea)(4464)	2 oz	Ham & Cheese Sand or	2 oz	Turkey w/Gravy (1899)
		2 oz	Tukey & Cheese Sandwich	2 oz	Pork Loin (2ea) (4996)	2 oz	Turkey & Cheese Sand	2 oz	Meat Loaf (4916)
		¼ c ¼ c ¼ c ¼ c ¼ c	Tater Tots (3609) Lettuce & Tomato (1/2 c) Onion, Pickle Spear (6700) Baked Beans (7719) Celery	½ c ¼ c ¼ c ¼ c 1 ea	Potato Smiles (4 ea)(3621) Stir Fry Veggies (9501) Baby Carrots (6560) Toss Salad (1/2 c) Fortune Cookie (17730)	¼ c ¼ c ¼ c ¼ c ¼ c	Lettuce & Tomato (1/2 c) Onion, Pickle Spear (6700) Cucumbers/ Bell Peppers Jalapeno Peppers (3170) Baby Carrots (6560)	¼ c ¼ c ¼ c ¼ c	Creamed Potatoes (7725) Peas (7701) Sweet Potatoes (7774) Broccoli
		1 c ½ c	Apple (1 ea) Peaches (1526)	½ c ½ c	Pears (729) Mandarin Oranges (1534)	½ c ½ c	Peaches (1504) Grapes (14)	½ c ½ c	Pineapples (1588) Applesauce (906)
		2 2	HB Bun (17858) Loaf Bread (2270)	2 1	Roll (8362) Fried Rice (17951) (½ c)	2	Hoagie Bun (19009) Chips Assorted	2 2	Roll (8362) Dressing
			Ranch Cup(7225), Mustard (3020), Mayo (6881)		Ketchup (73),		Ranch Cup(7225), Mustard (3020), Mayo (6881)		
		1 ea ½ c 1.75 2 oz	2nd Choice Chef Salad (2 ¼ c veg) Fruit cup w/Crackers (39 g =6 pks)(11016) & Croutons (7g = 1 pk) (480) Ham/Turkey/Chix & Cheese	1 ea ½ c 1.75 2 oz	2nd Choice Chef Salad (2 ¼ c veg) Fruit cup w/Crackers (39 g =6 pks)(11016) & Croutons (7g = 1 pk) (480) Ham/Turkey/Chix & Cheese	1 ea ½ c 1.75 2 oz	2nd Choice Chef Salad (2 ¼ c veg) Fruit cup w/Crackers (39 g =6 pks)(11016) & Croutons (7g = 1 pk) (480) Ham/Turkey/Chix & Cheese	1 ea ½ c 1.75 2 oz	2nd Choice Chef Salad (2 ¼ c veg) Fruit cup w/Crackers (39 g =6 pks)(11016) & Croutons (7g = 1 pk) (480) Ham/Turkey/Chix & Cheese
		8 oz	Milk Choice Variety Low Fat & FF (1 ea)	8 oz	Milk Choice Variety Low Fat & FF (1 ea)	8 oz	Milk Choice Variety Low Fat & FF (1 ea)	8 oz	Milk Choice Variety Low Fat & FF (1 ea)
			Breakfast		Breakfast		Breakfast		Breakfast
		2 1 ½ c 1 1 ½ c 4 oz 8 oz	Pancake/Sausage on stick (14608) Yogurt Peach Cup (1529) or Cereal (1oz) Strawberry Chex (1e) Yogurt (4 oz) Peach Cup (1529) Juice Assorted Milk Choice Low Fat & FF	2 oz ¼ c ½ c 1 1 ½ c 4 oz 8 oz	Biscuit (2.2oz)(3759) Gravy (F)(1904) Banana (1ea) or Cereal (1oz) Scooby Doo (1 ea) Banana (1ea) Yogurt (4 oz) Juice Assorted Milk Choice Low Fat & FF	2 1 ½ c 1 1 1 ½ c 4 oz 8 oz	Biscuit (2.2 oz) (3759) Chicken Patty (1.9 oz) (15778) Peach Cup (1529) or Cereal (1oz) Strawberry Chex (1e) Yogurt (4 oz) Peach Cup (1529) Juice Assorted Milk Choice Low Fat & FF	2 oz ¼ c ½ c 1 1 ½ c 4 oz 8 oz	Biscuit (2.2oz)(3759) Egg (3726) Bacon(3076) Mandarin Orange Cup (1506) or Cereal (1oz) Bug Bites (1 ea) Mandarin Orange Cup (1506) Yogurt (4 oz) Juice Assorted Milk Choice Low Fat & FF