Monday	Tuesday	Wednesday	Thursday	Friday
1 PB&J Sandwiches (2 sl wg bread & 1.5o pb) pears (1/4 c) carrots (1/4 c) 1% milk (3/4 C	2 pork & beans (1/2c) Hapa rice (1/2 c) pears (1/4c) Peas & carrots (1/4c) 1% milk (3/4c	3 chicken nuggets (4 pieces) Hapa rice (1/2 c) peaches (1/4 c) corn (1/4 c) 1% milk (3/ 4 c	4 taco salad (1oz beef, ½ oz cheese, 1/4c lettuce & cabbage) Peaches (1/4c) slice of wheat bread 1% milk (3/4c)	5 Hamburger on a bun (1.05oz & bun) pears (1/4 c) broccoli (1/4 c) 1% milk (3/4 c
8 turkey sandwiches (2 slices wg bread 1 ½ oz turkey) applesauce (1/4c) carrots(1/4c) 1% milk (3/4c)	9 cheese quesadilla Applesauce (1/4c) Broccoli (1/4c) 1% milk (3/4c)	10 beef stroganoff (1/2c meat sauce 1/2c pasta) pears (1/4c) corn (1/4c) 1% milk (3/4c)	11 fish sticks (3 pieces) Hapa rice (1/2 c) peaches (1/4 c) Peas & carrots (1/4 c) 1% milk (3/ 4 c)	12 mac & cheese (1/2c pasta) Applesauce (1/4c) Broccoli (1/4c) 1% milk (3/4c)
 15 ham sandwiches (2 slices wg bread 1 ½ oz ham) applesauce (1/4c) cucumber(1/4c) 1% milk (3/4c) 	16 hamburger & veggie stew (2.25oz meat) Hapa rice (1/2 c) Peaches (1/4c) 1% milk (3/4c)	17 beef & bean chili (1/2 c) Hapa rice (1/2 c) peaches (1/4 c) corn (1/4 c) 1%milk (3/4 c)	18 spaghetti (1/2 c pasta & 1/2c meat sauce) pears (1/4 c) corn (1/4 c) 1% milk (3/4 c	19 sloppy joes (1/2 c meat sauce & bun) pears(1/4 c) Peas & carrots (1/4 c) 1% milk (3/4 c
22 PB&J Sandwiches (2 sl wg bread & 1.50 pb) pears (1/4 c) carrots (1/4 c) 1% milk (3/4 C	23 chicken nuggets (4 pieces) Hapa rice (1/2 c) peaches (1/4 c) corn (1/4 c) 1% milk (3/ 4 c	24 hamburger cream of mush (1/2 c) Hapa rice (1/2 c) pears (1/4 c) broccoli (1/4 c) 1% milk (3/4 C)	25 hamburger & veggie curry (2.25oz meat) Hapa rice (1/2 c) Peaches (1/4c) corn (1/4c) 1% milk (3/4c)	26 chicken sandwich (1.05oz & bun) pears (1/4 c) Peas & carrots (1/4 c) 1% milk (3/4 c
28 turkey sandwiches (2 slices wg bread 1 ½ oz turkey) applesauce (1/4c) carrots(1/4c) 1% milk (3/4c)	29 shoyu chicken (2.25oz meat) Hapa rice (1/2 c) Peaches (1/4c) corn (1/4c) 1% milk (3/4c)	30 mac & cheese (1/2c pasta) Applesauce (1/4c) Broccoli (1/4c) 1% milk (3/4c)		

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8 turkey sandwiches (2 slices wg bread 1 ½ oz turkey) applesauce (1/4c) carrots(1/4c) 1% milk (3/4c)	9 cheese quesadilla Applesauce (1/4c) Broccoli (1/4c) 1% milk (3/4c)	10 beef stroganoff (1/2c meat sauce 1/2c pasta) pears (1/4c) corn (1/4c) 1% milk (3/4c)	11 fish sticks (3 pieces) Hapa rice (1/2 c) peaches (1/4 c) Peas & carrots (1/4 c) 1% milk (3/ 4 c)	12 mac & cheese (1/2c pasta) Applesauce (1/4c) Broccoli (1/4c) 1% milk (3/4c)
 15 ham sandwiches (2 slices wg bread 1 ½ oz ham) applesauce (1/4c) cucumber(1/4c) 1% milk (3/4c) 	16 hamburger & veggie stew (2.25oz meat) Hapa rice (1/2 c) Peaches (1/4c) 1% milk (3/4c)	17 beef & bean chili (1/2 c) Hapa rice (1/2 c) peaches (1/4 c) corn (1/4 c) 1%milk (3/4 c)	18 spaghetti (1/2 c pasta & 1/2c meat sauce) pears (1/4 c) corn (1/4 c) 1% milk (3/4 c	19 sloppy joes (1/2 c meat sauce & bun) pears(1/4 c) Peas & carrots (1/4 c) 1% milk (3/4 c
22 PB&J Sandwiches (2 sl wg bread & 1.50 pb) pears (1/4 c) carrots (1/4 c) 1% milk (3/4 C	23 chicken nuggets (4 pieces) Hapa rice (1/2 c) peaches (1/4 c) corn (1/4 c) 1% milk (3/ 4 c	24 hamburger cream of mush (1/2 c) Hapa rice (1/2 c) pears (1/4 c) broccoli (1/4 c) 1% milk (3/4 C)	25 hamburger & veggie curry (2.25oz meat) Hapa rice (1/2 c) Peaches (1/4c) corn (1/4c) 1% milk (3/4c)	26 chicken sandwich (1.05oz & bun) pears (1/4 c) Peas & carrots (1/4 c) 1% milk (3/4 c
28 turkey sandwiches (2 slices wg bread 1 ½ oz turkey) applesauce (1/4c) carrots(1/4c) 1% milk (3/4c)	29 shoyu chicken (2.25oz meat) Hapa rice (1/2 c) Peaches (1/4c) corn (1/4c) 1% milk (3/4c)	30 mac & cheese (1/2c pasta) Applesauce (1/4c) Broccoli (1/4c) 1% milk (3/4c)		

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8 turkey sandwiches (2 slices wg bread 1 ½ oz turkey) applesauce (1/4c) carrots(1/4c) 1% milk (3/4c)	9 cheese quesadilla Applesauce (1/4c) Broccoli (1/4c) 1% milk (3/4c)	10 beef stroganoff (1/2c meat sauce 1/2c pasta) pears (1/4c) corn (1/4c) 1% milk (3/4c)	11 fish sticks (3 pieces) Hapa rice (1/2 c) peaches (1/4 c) Peas & carrots (1/4 c) 1% milk (3/ 4 c)	12 mac & cheese (1/2c pasta) Applesauce (1/4c) Broccoli (1/4c) 1% milk (3/4c)
 15 ham sandwiches (2 slices wg bread 1 ½ oz ham) applesauce (1/4c) cucumber(1/4c) 1% milk (3/4c) 	16 hamburger & veggie stew (2.25oz meat) Hapa rice (1/2 c) Peaches (1/4c) 1% milk (3/4c)	17 beef & bean chili (1/2 c) Hapa rice (1/2 c) peaches (1/4 c) corn (1/4 c) 1%milk (3/4 c)	18 spaghetti (1/2 c pasta & 1/2c meat sauce) pears (1/4 c) corn (1/4 c) 1% milk (3/4 c	19 sloppy joes (1/2 c meat sauce & bun) pears(1/4 c) Peas & carrots (1/4 c) 1% milk (3/4 c
22 PB&J Sandwiches (2 sl wg bread & 1.50 pb) pears (1/4 c) carrots (1/4 c) 1% milk (3/4 C	23 chicken nuggets (4 pieces) Hapa rice (1/2 c) peaches (1/4 c) corn (1/4 c) 1% milk (3/ 4 c	24 hamburger cream of mush (1/2 c) Hapa rice (1/2 c) pears (1/4 c) broccoli (1/4 c) 1% milk (3/4 C)	25 hamburger & veggie curry (2.25oz meat) Hapa rice (1/2 c) Peaches (1/4c) corn (1/4c) 1% milk (3/4c)	26 chicken sandwich (1.05oz & bun) pears (1/4 c) Peas & carrots (1/4 c) 1% milk (3/4 c
28 turkey sandwiches (2 slices wg bread 1 ½ oz turkey) applesauce (1/4c) carrots(1/4c) 1% milk (3/4c)	29 shoyu chicken (2.25oz meat) Hapa rice (1/2 c) Peaches (1/4c) corn (1/4c) 1% milk (3/4c)	30 mac & cheese (1/2c pasta) Applesauce (1/4c) Broccoli (1/4c) 1% milk (3/4c)		

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8 turkey sandwiches (2 slices wg bread 1 ½ oz turkey) applesauce (1/4c) carrots(1/4c) 1% milk (3/4c)	9 cheese quesadilla Applesauce (1/4c) Broccoli (1/4c) 1% milk (3/4c)	10 beef stroganoff (1/2c meat sauce 1/2c pasta) pears (1/4c) corn (1/4c) 1% milk (3/4c)	11 fish sticks (3 pieces) Hapa rice (1/2 c) peaches (1/4 c) Peas & carrots (1/4 c) 1% milk (3/ 4 c)	12 mac & cheese (1/2c pasta) Applesauce (1/4c) Broccoli (1/4c) 1% milk (3/4c)
 15 ham sandwiches (2 slices wg bread 1 ½ oz ham) applesauce (1/4c) cucumber(1/4c) 1% milk (3/4c) 	16 hamburger & veggie stew (2.25oz meat) Hapa rice (1/2 c) Peaches (1/4c) 1% milk (3/4c)	17 beef & bean chili (1/2 c) Hapa rice (1/2 c) peaches (1/4 c) corn (1/4 c) 1%milk (3/4 c)	18 spaghetti (1/2 c pasta & 1/2c meat sauce) pears (1/4 c) corn (1/4 c) 1% milk (3/4 c	19 sloppy joes (1/2 c meat sauce & bun) pears(1/4 c) Peas & carrots (1/4 c) 1% milk (3/4 c
22 PB&J Sandwiches (2 sl wg bread & 1.50 pb) pears (1/4 c) carrots (1/4 c) 1% milk (3/4 C	23 chicken nuggets (4 pieces) Hapa rice (1/2 c) peaches (1/4 c) corn (1/4 c) 1% milk (3/ 4 c	24 hamburger cream of mush (1/2 c) Hapa rice (1/2 c) pears (1/4 c) broccoli (1/4 c) 1% milk (3/4 C)	25 hamburger & veggie curry (2.25oz meat) Hapa rice (1/2 c) Peaches (1/4c) corn (1/4c) 1% milk (3/4c)	26 chicken sandwich (1.05oz & bun) pears (1/4 c) Peas & carrots (1/4 c) 1% milk (3/4 c
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8 turkey sandwiches (2 slices wg bread 1 ½ oz turkey) applesauce (1/4c) carrots(1/4c) 1% milk (3/4c)	9 cheese quesadilla Applesauce (1/4c) Broccoli (1/4c) 1% milk (3/4c)	10 beef stroganoff (1/2c meat sauce 1/2c pasta) pears (1/4c) corn (1/4c) 1% milk (3/4c)	11 fish sticks (3 pieces) Hapa rice (1/2 c) peaches (1/4 c) Peas & carrots (1/4 c) 1% milk (3/ 4 c)	12 mac & cheese (1/2c pasta) Applesauce (1/4c) Broccoli (1/4c) 1% milk (3/4c)
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22 PB&J Sandwiches (2 sl wg bread & 1.50 pb) pears (1/4 c) carrots (1/4 c) 1% milk (3/4 C	23 chicken nuggets (4 pieces) Hapa rice (1/2 c) peaches (1/4 c) corn (1/4 c) 1% milk (3/ 4 c	24 hamburger cream of mush (1/2 c) Hapa rice (1/2 c) pears (1/4 c) broccoli (1/4 c) 1% milk (3/4 C)	25 hamburger & veggie curry (2.25oz meat) Hapa rice (1/2 c) Peaches (1/4c) corn (1/4c) 1% milk (3/4c)	26 chicken sandwich (1.05oz & bun) pears (1/4 c) Peas & carrots (1/4 c) 1% milk (3/4 c
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