

monday		tuesday		wednesday		thursday		friday	
3	apple, cereal, 1% milk ... chicken nuggets, carrots, pears	4	banana, cereal bar, 1% milk ... beef tacos, black beans, rice, cheddar, sour cream, mandarin oranges	5	applesauce, muffins, 1% milk ... waffles, , tater tots, fresh fruit	6	banana, yogurt, 1% milk ... macaroni and beef, cucumbers and ranch, pear	7	fresh fruit, cereal, 1% milk ... grilled cheese on wheat, broccoli, mandarin oranges
10	apple, cereal, 1% milk ... turkey and cheddar on wheat, green beans, pears	11	banana, cereal bar, 1% milk ... cheese quesadilla, black beans, sour cream, mandarin oranges	12	fresh fruit, muffins, 1% milk ... pancakes, sausage links, tater tots, pears	13	banana, yogurt, 1% milk ... pierogis, cucumbers and ranch, applesauce	14	fresh fruit, cereal, 1% milk ... cheese pizza, broccoli, mandarin oranges
17	apple, cereal, 1% milk ... cheeseburger on bun, peas, mandarin oranges	18	banana, cereal bar, 1% milk ... chicken burrito bowl, rice, cheddar ,sour cream, pears	19	fresh fruit, muffins, 1% milk ... waffles, sausage links, tater tots, mandarin oranges	20	banana, yogurt, 1% milk ... mac and cheese, cucumbers and ranch, applesauce	21	fresh fruit, cereal, 1% milk ... grilled cheese, green beans, pears
24	apple, cereal, 1% milk, ... bbq pulled pork on bun, carrots, applesauce	25	banana, cereal bar, 1% milk ... beef tacos, black beans, rice, sour cream, mandarin oranges	26	fresh fruit, muffins, 1% milk ... pancakes, sausage links, tater tots, pears	27	banana, yogurt, 1% milk ... pierogis, cucumbers and ranch, applesauce	28	fresh fruit, cereal, 1% milk ... cheese pizza, broccoli, mandarin oranges
31	apple, cereal, 1% milk ... chicken nuggets, carrots, mandarin oranges								

