

**New Rochelle  
June/July 2026 Menu Cycle**

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| <b>June 29th<br/>Monday</b> |                                                                                                                  | <b>June 30th<br/>Tuesday</b> |                                                                                                                 | <b>July 1st<br/>Wednesday</b>  |                                                                                           | <b>July 2nd<br/>Thursday</b>  |                                                                                                                               | <b>July 3rd<br/>Friday</b>  |                                                                                                              |
| <b>Breakfast</b>            | Whole Grain Cereal 2 oz<br>Whole Fruit 4 oz<br>Milk 8 oz                                                         | <b>Breakfast</b>             | Whole Grain Blueberry Muffin 2 oz<br>Whole Fruit 4 oz<br>Milk 8 oz                                              | <b>Breakfast</b>               | Bagel w/ Butter 2.5 oz<br>Whole Fruit 4 oz<br>Milk 8 oz                                   | <b>Breakfast</b>              | Whole Grain Pop Tart 1.76 oz<br>Banana 4 oz<br>Milk 8 oz                                                                      | <b>Breakfast</b>            | Whole Grain Corn Muffin 2 oz<br>Mixed Fruit 4 oz<br>Milk 8 oz                                                |
| <b>AM Snack</b>             | Whole Grain Apple Cinnamon Muffin 2 oz<br>Whole Fruit 4 oz                                                       | <b>AM Snack</b>              | Whole Grain Pop Tart 1.76 oz<br>Whole Fruit 4 oz                                                                | <b>AM Snack</b>                | Whole Grain Blueberry Muffin 2 oz<br>Whole Fruit 4 oz                                     | <b>AM Snack</b>               | Whole Grain Strawberry Bar 1.3 oz<br>Whole Fruit 4 oz                                                                         | <b>AM Snack</b>             | Whole Grain Pop Tart 1.76 oz<br>Whole Fruit 4 oz                                                             |
| <b>Lunch</b>                | Chicken 2 oz<br>WG Mac n' Cheese 4 oz<br>Peas 4 oz<br>Whole Apple 4 oz<br>Milk 4 oz                              | <b>Lunch</b>                 | Turkey & American Cheese Whole Wheat Sandwich 7 oz<br>Corn 4 oz<br>Diced Pineapple 4 oz<br>Chocolate Milk 8 oz  | <b>Lunch</b>                   | Meatball Sandwich on a Whole Grain Roll 9 oz<br>Carrots 4 oz<br>Peaches 4 oz<br>Milk 8 oz | <b>Lunch</b>                  | Sliced Chicken & Cheese Roll Up on a Whole Wheat Wrap 7 oz<br>Cut Green Beans 4 oz<br>Clementines 4 oz<br>Chocolate Milk 8 oz | <b>Lunch</b>                | Chicken Tenders 6 oz<br>Mixed Veggies 4 oz<br>Fruit Salad 4 oz<br>Milk 8 oz                                  |
| <b>PM Snack</b>             | Whole Grain Pop Tart 1 oz<br>100% Fruit Juice 4 oz                                                               | <b>PM Snack</b>              | Pretzels 1 oz<br>100% Fruit Juice 4 oz                                                                          | <b>PM Snack</b>                | Whole Grain Animal Cracker 1 oz<br>100% Fruit Juice 4 oz                                  | <b>PM Snack</b>               | Whole Grain Chips 1 oz<br>100% Fruit Juice 4 oz                                                                               | <b>PM Snack</b>             | Whole Grain Goldfish 1 oz<br>100% Fruit Juice 4 oz                                                           |
| <b>July 6th<br/>Monday</b>  |                                                                                                                  | <b>July 7th<br/>Tuesday</b>  |                                                                                                                 | <b>July 8th<br/>Wednesday</b>  |                                                                                           | <b>July 9th<br/>Thursday</b>  |                                                                                                                               | <b>July 10th<br/>Friday</b> |                                                                                                              |
| <b>Breakfast</b>            | Whole Grain Pop Tart 1.76 oz<br>Whole Fruit 4 oz<br>Milk 8 oz                                                    | <b>Breakfast</b>             | Whole Grain Banana Muffin 2 oz<br>Whole Fruit 4 oz<br>Milk 8 oz                                                 | <b>Breakfast</b>               | Whole Grain Cereal 1 oz<br>Whole Fruit 4 oz<br>Milk 8 oz                                  | <b>Breakfast</b>              | Whole Grain Cinnamon Muffin 2 oz<br>Whole Fruit 4 oz<br>Milk 8 oz                                                             | <b>Breakfast</b>            | Bagel w/ Butter 2.5 oz<br>Banana 4 oz<br>Milk 8 oz                                                           |
| <b>AM Snack</b>             | Strawberry Yogurt 4 oz<br>Whole Fruit 4 oz                                                                       | <b>AM Snack</b>              | Whole Grain Blueberry Bar 1.3 oz<br>Whole Fruit 4 oz                                                            | <b>AM Snack</b>                | Cheese & Crackers 1.25 oz<br>Whole Fruit 4 oz                                             | <b>AM Snack</b>               | Blueberry Yogurt 4 oz<br>Whole Fruit 4 oz                                                                                     | <b>AM Snack</b>             | Whole Grain Pop Tart 1.76 oz<br>Whole Fruit 4 oz                                                             |
| <b>Lunch</b>                | Chicken Alfredo 2 oz<br>Whole Grain Penne Pasta 4 oz<br>Broccoli 4 oz<br>Whole Apple 4 oz<br>Chocolate Milk 8 oz | <b>Lunch</b>                 | Chicken & Cheese Sandwich on Whole Wheat Bread 7 oz<br>Corn 4 oz<br>Diced Pineapple 4 oz<br>Chocolate Milk 8 oz | <b>Lunch</b>                   | Chicken 2 oz<br>WG Mac n' Cheese 4 oz<br>Carrots 4 oz<br>Peaches 4 oz<br>Milk 8 oz        | <b>Lunch</b>                  | Turkey & Cheese Roll Up on a Whole Wheat Wrap 7 oz<br>Cut Green Beans 4 oz<br>Watermelon 4 oz<br>Chocolate Milk 8 oz          | <b>Lunch</b>                | Whole Grain Crispy Chicken Patty on a Round Roll 9 oz<br>Mixed Veggies 4 oz<br>Fruit Salad 4 oz<br>Milk 8 oz |
| <b>PM Snack</b>             | Whole Grain Cheez Its 1 oz<br>100% Fruit Juice 4 oz                                                              | <b>PM Snack</b>              | Whole Grain Goldfish 1 oz<br>100% Fruit Juice 4 oz                                                              | <b>PM Snack</b>                | Whole Grain Chips 1 oz<br>100% Fruit Juice 4 oz                                           | <b>PM Snack</b>               | Whole Grain Pop Tart 1.76 oz<br>100% Fruit Juice 4 oz                                                                         | <b>PM Snack</b>             | Whole Grain Pretzels 1 oz<br>100% Fruit Juice 4 oz                                                           |
| <b>July 13th<br/>Monday</b> |                                                                                                                  | <b>July 14th<br/>Tuesday</b> |                                                                                                                 | <b>July 15th<br/>Wednesday</b> |                                                                                           | <b>July 16th<br/>Thursday</b> |                                                                                                                               | <b>July 17th<br/>Friday</b> |                                                                                                              |
| <b>Breakfast</b>            | Whole Grain Cereal 1 oz<br>Milk 8 oz<br>Whole Fruit 4 oz                                                         | <b>Breakfast</b>             | Whole Grain Blueberry Muffin 2 oz<br>Whole Fruit 4 oz<br>Milk 8 oz                                              | <b>Breakfast</b>               | Bagel w/ Butter 2.5 oz<br>Whole Fruit 4 oz<br>Milk 8 oz                                   | <b>Breakfast</b>              | Whole Grain Apple Cinnamon Muffin 2 oz<br>Whole Fruit 4 oz<br>Milk 8 oz                                                       | <b>Breakfast</b>            | Blueberry Yogurt 4 oz<br>Banana 4 oz<br>Milk 4 oz                                                            |
| <b>AM Snack</b>             | Whole Grain Pop Tart 1.76 oz<br>Whole Fruit 4 oz                                                                 | <b>AM Snack</b>              | Cheese & Crackers 1.25 oz<br>Whole Fruit 4 oz                                                                   | <b>AM Snack</b>                | Whole Grain Cereal Bar 1.3 oz<br>Whole Fruit 4 oz                                         | <b>AM Snack</b>               | Strawberry Yogurt 4 oz<br>Banana 4 oz                                                                                         | <b>AM Snack</b>             | Whole Grain Corn Muffin 2 oz<br>Whole Fruit 4 oz                                                             |
| <b>Lunch</b>                | Meat Sauce 4 oz<br>Whole Grain Pasta 4 oz<br>Peas 4 oz<br>Whole Apple 4 oz<br>Chocolate Milk 8 oz                | <b>Lunch</b>                 | Chicken Snack Wrap on Whole Wheat Tortilla 7 oz<br>Corn 4 oz<br>Diced Pineapple 4 oz<br>Chocolate Milk 8 oz     | <b>Lunch</b>                   | Whole Grain Chicken Nuggets 6 oz<br>Carrots 4 oz<br>Peaches 4 oz<br>Milk 8 oz             | <b>Lunch</b>                  | Roasted Turkey & Cheese Roll Up on a Whole Wheat Wrap 7 oz<br>Cut Green Beans 4 oz<br>Clementines 4 oz<br>Chocolate Milk 8 oz | <b>Lunch</b>                | Chicken Tenders 6 oz<br>Mixed Veggies 4 oz<br>Fruit Salad 4 oz<br>Milk 8 oz                                  |
| <b>PM Snack</b>             | Whole Grain Cheez Its 1 oz<br>100% Fruit Juice 4 oz                                                              | <b>PM Snack</b>              | Whole Grain Pretzels 1 oz<br>100% Fruit Juice 4 oz                                                              | <b>PM Snack</b>                | Whole Grain Animal Crackers 1 oz<br>100% Fruit Juice 4 oz                                 | <b>PM Snack</b>               | Whole Grain Chip 1 oz<br>100% Fruit Juice 4 oz                                                                                | <b>PM Snack</b>             | Whole Grain Cinnamon Goldfish 1 oz<br>100% Fruit Juice 4 oz                                                  |
| <b>July 20th<br/>Monday</b> |                                                                                                                  | <b>July 21st<br/>Tuesday</b> |                                                                                                                 | <b>July 22nd<br/>Wednesday</b> |                                                                                           | <b>July 23rd<br/>Thursday</b> |                                                                                                                               | <b>July 24th<br/>Friday</b> |                                                                                                              |
| <b>Breakfast</b>            | Whole Grain Cereal 2 oz<br>Whole Fruit 4 oz<br>Milk 8 oz                                                         | <b>Breakfast</b>             | Whole Grain Blueberry Muffin 2 oz<br>Whole Fruit 4 oz<br>Milk 8 oz                                              | <b>Breakfast</b>               | Bagel w/ Butter 2.5 oz<br>Whole Fruit 4 oz<br>Milk 8 oz                                   | <b>Breakfast</b>              | Whole Grain Pop Tart 1.76 oz<br>Banana 4 oz<br>Milk 8 oz                                                                      | <b>Breakfast</b>            | Whole Grain Corn Muffin 2 oz<br>Mixed Fruit 4 oz<br>Milk 8 oz                                                |
| <b>AM Snack</b>             | Whole Grain Apple Cinnamon Muffin 2 oz<br>Whole Fruit 4 oz                                                       | <b>AM Snack</b>              | Whole Grain Pop Tart 1.76 oz<br>Whole Fruit 4 oz                                                                | <b>AM Snack</b>                | Whole Grain Blueberry Muffin 2 oz<br>Whole Fruit 4 oz                                     | <b>AM Snack</b>               | Whole Grain Strawberry Bar 1.3 oz<br>Whole Fruit 4 oz                                                                         | <b>AM Snack</b>             | Whole Grain Pop Tart 1.76 oz<br>Whole Fruit 4 oz                                                             |
| <b>Lunch</b>                | Chicken 2 oz<br>WG Mac n' Cheese 4 oz<br>Peas 4 oz<br>Whole Apple 4 oz<br>Milk 4 oz                              | <b>Lunch</b>                 | Turkey & American Cheese Whole Wheat Sandwich 7 oz<br>Corn 4 oz<br>Diced Pineapple 4 oz<br>Chocolate Milk 8 oz  | <b>Lunch</b>                   | Meatball Sandwich on a Whole Grain Roll 9 oz<br>Carrots 4 oz<br>Peaches 4 oz<br>Milk 8 oz | <b>Lunch</b>                  | Sliced Chicken & Cheese Roll Up on a Whole Wheat Wrap 7 oz<br>Cut Green Beans 4 oz<br>Clementines 4 oz<br>Chocolate Milk 8 oz | <b>Lunch</b>                | Chicken Tenders 6 oz<br>Mixed Veggies 4 oz<br>Fruit Salad 4 oz<br>Milk 8 oz                                  |
| <b>PM Snack</b>             | Whole Grain Pop Tart 1 oz<br>100% Fruit Juice 4 oz                                                               | <b>PM Snack</b>              | Pretzels 1 oz<br>100% Fruit Juice 4 oz                                                                          | <b>PM Snack</b>                | Whole Grain Animal Cracker 1 oz<br>100% Fruit Juice 4 oz                                  | <b>PM Snack</b>               | Whole Grain Chips 1 oz<br>100% Fruit Juice 4 oz                                                                               | <b>PM Snack</b>             | Whole Grain Goldfish 1 oz<br>100% Fruit Juice 4 oz                                                           |

**New Rochelle**  
**July/August 2026 Menu Cycle**

|                               |                                                                                                                  |                                |                                                                                                                    |                                  |                                                                                              |                                 |                                                                                                                                  |                               |                                                                                                                 |
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| <b>July 27th<br/>Monday</b>   |                                                                                                                  | <b>July 28th<br/>Tuesday</b>   |                                                                                                                    | <b>July 29th<br/>Wednesday</b>   |                                                                                              | <b>July 30th<br/>Thursday</b>   |                                                                                                                                  | <b>July 31st<br/>Friday</b>   |                                                                                                                 |
| <b>Breakfast</b>              | Whole Grain Pop Tart 1.76 oz<br>Whole Fruit 4 oz<br>Milk 8 oz                                                    | <b>Breakfast</b>               | Whole Grain Banana Muffin 2 oz<br>Whole Fruit 4 oz<br>Milk 8 oz                                                    | <b>Breakfast</b>                 | Whole Grain Cereal 1 oz<br>Whole Fruit 4 oz<br>Milk 8 oz                                     | <b>Breakfast</b>                | Whole Grain Corn Muffin 2 oz<br>Whole Fruit 4 oz<br>Milk 8 oz                                                                    | <b>Breakfast</b>              | Bagel w/ Butter 2.5 oz<br>Banana 4 oz<br>Milk 8 oz                                                              |
| <b>AM Snack</b>               | Strawberry Yogurt 4 oz<br>Whole Fruit 4 oz                                                                       | <b>AM Snack</b>                | Whole Grain Blueberry Bar 1.3 oz<br>Whole Fruit 4 oz                                                               | <b>AM Snack</b>                  | Cheese & Crackers 1.25 oz<br>Whole Fruit 4 oz                                                | <b>AM Snack</b>                 | Blueberry Yogurt 4 oz<br>Whole Fruit 4 oz                                                                                        | <b>AM Snack</b>               | Whole Grain Pop Tart 1.76 oz<br>Whole Fruit 4 oz                                                                |
| <b>Lunch</b>                  | Chicken Alfredo 2 oz<br>Whole Grain Penne Pasta 4 oz<br>Broccoli 4 oz<br>Whole Apple 4 oz<br>Chocolate Milk 8 oz | <b>Lunch</b>                   | Chicken & Cheese Sandwich on Whole<br>Wheat Bread 7 oz<br>Corn 4 oz<br>Diced Pineapple 4 oz<br>Chocolate Milk 8 oz | <b>Lunch</b>                     | Chicken 2 oz<br>WG Mac n' Cheese 4 oz<br>Carrots 4 oz<br>Peaches 4 oz<br>Milk 8 oz           | <b>Lunch</b>                    | Turkey & Cheese Roll Up<br>on a Whole Wheat Wrap 7 oz<br>Cut Green Beans 4 oz<br>Watermelon 4 oz<br>Chocolate Milk 8 oz          | <b>Lunch</b>                  | Whole Grain Crispy Chicken Patty on a<br>Round Roll 9 oz<br>Mixed Veggies 4 oz<br>Fruit Salad 4 oz<br>Milk 8 oz |
| <b>PM Snack</b>               | Whole Grain Cheez Its 1 oz<br>100% Fruit Juice 4 oz                                                              | <b>PM Snack</b>                | Whole Grain Goldfish 1 oz<br>100% Fruit Juice 4 oz                                                                 | <b>PM Snack</b>                  | Whole Grain Chips 1 oz<br>100% Fruit Juice 4 oz                                              | <b>PM Snack</b>                 | Whole Grain Pop Tart 1.76 oz<br>100% Fruit Juice 4 oz                                                                            | <b>PM Snack</b>               | Whole Grain Pretzels 1 oz<br>100% Fruit Juice 4 oz                                                              |
| <b>August 3rd<br/>Monday</b>  |                                                                                                                  | <b>August 4th<br/>Tuesday</b>  |                                                                                                                    | <b>August 5th<br/>Wednesday</b>  |                                                                                              | <b>August 6th<br/>Thursday</b>  |                                                                                                                                  | <b>August 7th<br/>Friday</b>  |                                                                                                                 |
| <b>Breakfast</b>              | Whole Grain Cereal 1 oz<br>Milk 8 oz<br>Whole Fruit 4 oz                                                         | <b>Breakfast</b>               | Whole Grain Blueberry Muffin 2 oz<br>Whole Fruit 4 oz<br>Milk 8 oz                                                 | <b>Breakfast</b>                 | Bagel w/ Butter 2.5 oz<br>Whole Fruit 4 oz<br>Milk 8 oz                                      | <b>Breakfast</b>                | Whole Grain Apple Muffin 2 oz<br>Whole Fruit 4 oz<br>Milk 8 oz                                                                   | <b>Breakfast</b>              | Blueberry Yogurt 4 oz<br>Banana 4 oz<br>Milk 4 oz                                                               |
| <b>AM Snack</b>               | Whole Grain Pop Tart 1.76 oz<br>Whole Fruit 4 oz                                                                 | <b>AM Snack</b>                | Cheese & Crackers 1.25 oz<br>Whole Fruit 4 oz                                                                      | <b>AM Snack</b>                  | Whole Grain Cereal Bar 1.3 oz<br>Whole Fruit 4 oz                                            | <b>AM Snack</b>                 | Strawberry Yogurt 4 oz<br>Banana 4 oz                                                                                            | <b>AM Snack</b>               | Whole Grain Corn Muffin 2 oz<br>Whole Fruit 4 oz                                                                |
| <b>Lunch</b>                  | Meat Sauce 4 oz<br>Whole Grain Pasta 4 oz<br>Peas 4 oz<br>Whole Apple 4 oz<br>Chocolate Milk 8 oz                | <b>Lunch</b>                   | Chicken Snack Wrap<br>on Whole Wheat Tortilla 7 oz<br>Corn 4 oz<br>Diced Pineapple 4 oz<br>Chocolate Milk 8 oz     | <b>Lunch</b>                     | Whole Grain Chicken Nuggets 6 oz<br>Carrots 4 oz<br>Peaches 4 oz<br>Milk 8 oz                | <b>Lunch</b>                    | Roasted Turkey & Cheese Roll Up<br>on a Whole Wheat Wrap 7 oz<br>Cut Green Beans 4 oz<br>Clementines 4 oz<br>Chocolate Milk 8 oz | <b>Lunch</b>                  | Chicken Tenders 6 oz<br>Mixed Veggies 4 oz<br>Fruit Salad 4 oz<br>Milk 8 oz                                     |
| <b>PM Snack</b>               | Whole Grain Cheez Its 1 oz<br>100% Fruit Juice 4 oz                                                              | <b>PM Snack</b>                | Whole Grain Pretzels 1 oz<br>100% Fruit Juice 4 oz                                                                 | <b>PM Snack</b>                  | Whole Grain Animal Crackers 1 oz<br>100% Fruit Juice 4 oz                                    | <b>PM Snack</b>                 | Whole Grain Chip 1 oz<br>100% Fruit Juice 4 oz                                                                                   | <b>PM Snack</b>               | Whole Grain Cinnamon Goldfish 1 oz<br>100% Fruit Juice 4 oz                                                     |
| <b>August 10th<br/>Monday</b> |                                                                                                                  | <b>August 11th<br/>Tuesday</b> |                                                                                                                    | <b>August 12th<br/>Wednesday</b> |                                                                                              | <b>August 13th<br/>Thursday</b> |                                                                                                                                  | <b>August 14th<br/>Friday</b> |                                                                                                                 |
| <b>Breakfast</b>              | Whole Grain Cereal 2 oz<br>Whole Fruit 4 oz<br>Milk 8 oz                                                         | <b>Breakfast</b>               | Whole Grain Blueberry Muffin 2 oz<br>Whole Fruit 4 oz<br>Milk 8 oz                                                 | <b>Breakfast</b>                 | Bagel w/ Butter 2.5 oz<br>Whole Fruit 4 oz<br>Milk 8 oz                                      | <b>Breakfast</b>                | Whole Grain Pop Tart 1.76 oz<br>Banana 4 oz<br>Milk 8 oz                                                                         | <b>Breakfast</b>              | Whole Grain Corn Muffin 2 oz<br>Mixed Fruit 4 oz<br>Milk 8 oz                                                   |
| <b>AM Snack</b>               | Whole Grain Apple Cinnamon Muffin 2 oz<br>Whole Fruit 4 oz                                                       | <b>AM Snack</b>                | Whole Grain Pop Tart 1.76 oz<br>Whole Fruit 4 oz                                                                   | <b>AM Snack</b>                  | Whole Grain Blueberry Muffin 2 oz<br>Whole Fruit 4 oz                                        | <b>AM Snack</b>                 | Whole Grain Strawberry Bar 1.3 oz<br>Whole Fruit 4 oz                                                                            | <b>AM Snack</b>               | Whole Grain Pop Tart 1.76 oz<br>Whole Fruit 4 oz                                                                |
| <b>Lunch</b>                  | Chicken 2 oz<br>WG Mac n' Cheese 4 oz<br>Peas 4 oz<br>Whole Apple 4 oz<br>Milk 4 oz                              | <b>Lunch</b>                   | Turkey & American Cheese Whole Wheat<br>Sandwich 7 oz<br>Corn 4 oz<br>Diced Pineapple 4 oz<br>Chocolate Milk 8 oz  | <b>Lunch</b>                     | Meatball Sandwich<br>on a Whole Grain Roll 9 oz<br>Carrots 4 oz<br>Peaches 4 oz<br>Milk 8 oz | <b>Lunch</b>                    | Sliced Chicken & Cheese Roll Up on a Whole<br>Wheat Wrap 7 oz<br>Cut Green Beans 4 oz<br>Clementines 4 oz<br>Chocolate Milk 8 oz | <b>Lunch</b>                  | Chicken Tenders 6 oz<br>Mixed Veggies 4 oz<br>Fruit Salad 4 oz<br>Milk 8 oz                                     |
| <b>PM Snack</b>               | Whole Grain Pop Tart 1 oz<br>100% Fruit Juice 4 oz                                                               | <b>PM Snack</b>                | Pretzels 1 oz<br>100% Fruit Juice 4 oz                                                                             | <b>PM Snack</b>                  | Whole Grain Animal Cracker 1 oz<br>100% Fruit Juice 4 oz                                     | <b>PM Snack</b>                 | Pretzels 1 oz<br>100% Fruit Juice 4 oz                                                                                           | <b>PM Snack</b>               | Whole Grain Goldfish 1 oz<br>100% Fruit Juice 4 oz                                                              |
| <b>August 17th<br/>Monday</b> |                                                                                                                  | <b>August 18th<br/>Tuesday</b> |                                                                                                                    | <b>August 19th<br/>Wednesday</b> |                                                                                              | <b>August 20th<br/>Thursday</b> |                                                                                                                                  | <b>August 21st<br/>Friday</b> |                                                                                                                 |
| <b>Breakfast</b>              | Whole Grain Pop Tart 1.76 oz<br>Whole Fruit 4 oz<br>Milk 8 oz                                                    | <b>Breakfast</b>               | Whole Grain Banana Muffin 2 oz<br>Whole Fruit 4 oz<br>Milk 8 oz                                                    | <b>Breakfast</b>                 | Whole Grain Cereal 1 oz<br>Whole Fruit 4 oz<br>Milk 8 oz                                     | <b>Breakfast</b>                | Whole Grain Corn Muffin 2 oz<br>Whole Fruit 4 oz<br>Milk 8 oz                                                                    | <b>Breakfast</b>              | Bagel w/ Butter 2.5 oz<br>Banana 4 oz<br>Milk 8 oz                                                              |
| <b>AM Snack</b>               | Strawberry Yogurt 4 oz<br>Whole Fruit 4 oz                                                                       | <b>AM Snack</b>                | Whole Grain Blueberry Bar 1.3 oz<br>Whole Fruit 4 oz                                                               | <b>AM Snack</b>                  | Cheese & Crackers 1.25 oz<br>Whole Fruit 4 oz                                                | <b>AM Snack</b>                 | Blueberry Yogurt 4 oz<br>Whole Fruit 4 oz                                                                                        | <b>AM Snack</b>               | Whole Grain Pop Tart 1.76 oz<br>Whole Fruit 4 oz                                                                |
| <b>Lunch</b>                  | Chicken Alfredo 2 oz<br>Whole Grain Penne Pasta 4 oz<br>Broccoli 4 oz<br>Whole Apple 4 oz<br>Chocolate Milk 8 oz | <b>Lunch</b>                   | Chicken & Cheese Sandwich on Whole<br>Wheat Bread 7 oz<br>Corn 4 oz<br>Diced Pineapple 4 oz<br>Chocolate Milk 8 oz | <b>Lunch</b>                     | Chicken 2 oz<br>WG Mac n' Cheese 4 oz<br>Carrots 4 oz<br>Peaches 4 oz<br>Milk 8 oz           | <b>Lunch</b>                    | Turkey & Cheese Roll Up<br>on a Whole Wheat Wrap 7 oz<br>Cut Green Beans 4 oz<br>Watermelon 4 oz<br>Chocolate Milk 8 oz          | <b>Lunch</b>                  | Whole Grain Crispy Chicken Patty on a<br>Round Roll 9 oz<br>Mixed Veggies 4 oz<br>Fruit Salad 4 oz<br>Milk 8 oz |
| <b>PM Snack</b>               | Whole Grain Cheez Its 1 oz<br>100% Fruit Juice 4 oz                                                              | <b>PM Snack</b>                | Whole Grain Goldfish 1 oz<br>100% Fruit Juice 4 oz                                                                 | <b>PM Snack</b>                  | Whole Grain Chips 1 oz<br>100% Fruit Juice 4 oz                                              | <b>PM Snack</b>                 | Whole Grain Pop Tart 1.76 oz<br>100% Fruit Juice 4 oz                                                                            | <b>PM Snack</b>               | Whole Grain Pretzels 1 oz<br>100% Fruit Juice 4 oz                                                              |
| <b>August 24th<br/>Monday</b> |                                                                                                                  | <b>August 25th<br/>Tuesday</b> |                                                                                                                    | <b>August 26th<br/>Wednesday</b> |                                                                                              | <b>August 27th<br/>Thursday</b> |                                                                                                                                  | <b>August 28th<br/>Friday</b> |                                                                                                                 |
| <b>Breakfast</b>              | Whole Grain Cereal 1 oz<br>Milk 8 oz<br>Whole Fruit 4 oz                                                         | <b>Breakfast</b>               | Whole Grain Blueberry Muffin 2 oz<br>Whole Fruit 4 oz<br>Milk 8 oz                                                 | <b>Breakfast</b>                 | Bagel w/ Butter 2.5 oz<br>Whole Fruit 4 oz<br>Milk 8 oz                                      | <b>Breakfast</b>                | Whole Grain Apple Cinnamon Muffin 2 oz<br>Whole Fruit 4 oz<br>Milk 8 oz                                                          | <b>Breakfast</b>              | Blueberry Yogurt 4 oz<br>Banana 4 oz<br>Milk 4 oz                                                               |
| <b>AM Snack</b>               | Whole Grain Pop Tart 1.76 oz<br>Whole Fruit 4 oz                                                                 | <b>AM Snack</b>                | Cheese & Crackers 1.25 oz<br>Whole Fruit 4 oz                                                                      | <b>AM Snack</b>                  | Whole Grain Cereal Bar 1.3 oz<br>Whole Fruit 4 oz                                            | <b>AM Snack</b>                 | Strawberry Yogurt 4 oz<br>Banana 4 oz                                                                                            | <b>AM Snack</b>               | Whole Grain Corn Muffin 2 oz<br>Whole Fruit 4 oz                                                                |
| <b>Lunch</b>                  | Meat Sauce 4 oz<br>Whole Grain Pasta 4 oz<br>Peas 4 oz<br>Whole Apple 4 oz<br>Chocolate Milk 8 oz                | <b>Lunch</b>                   | Chicken Snack Wrap<br>on Whole Wheat Tortilla 7 oz<br>Corn 4 oz<br>Diced Pineapple 4 oz<br>Chocolate Milk 8 oz     | <b>Lunch</b>                     | Whole Grain Chicken Nuggets 6 oz<br>Carrots 4 oz<br>Peaches 4 oz<br>Milk 8 oz                | <b>Lunch</b>                    | Roasted Turkey & Cheese Roll Up<br>on a Whole Wheat Wrap 7 oz<br>Cut Green Beans 4 oz<br>Clementines 4 oz<br>Chocolate Milk 8 oz | <b>Lunch</b>                  | Chicken Tenders 6 oz<br>Mixed Veggies 4 oz<br>Fruit Salad 4 oz<br>Milk 8 oz                                     |
| <b>PM Snack</b>               | Whole Grain Cheez Its 1 oz<br>100% Fruit Juice 4 oz                                                              | <b>PM Snack</b>                | Whole Grain Pretzels 1 oz<br>100% Fruit Juice 4 oz                                                                 | <b>PM Snack</b>                  | Whole Grain Animal Crackers 1 oz<br>100% Fruit Juice 4 oz                                    | <b>PM Snack</b>                 | Whole Grain Chip 1 oz<br>100% Fruit Juice 4 oz                                                                                   | <b>PM Snack</b>               | Whole Grain Cinnamon Goldfish 1 oz<br>100% Fruit Juice 4 oz                                                     |