



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Chex Cereal, Apples, Milk</p> <p>Chicken Tenders, Mixed Veggies, Wheat Bread, Oranges</p> <p>Pears, Goldfish</p>	<p>2</p> <p>Blueberry Muffins, Bananas, Milk</p> <p>Spaghetti &amp; Meat Sauce, Peas, Blueberries</p> <p>Mandarin Oranges, Cheese Sticks</p>	<p>3</p> <p>Rice Krisps, Cantaloupe, Milk</p> <p>Ham Sandwiches, Chickpea and Cucumber Salad, Hamburger Rolls, Apples</p> <p>Sliced Cucumbers, Graham Crackers</p>	<p>4</p> <p>Apple Cinnamon Muffins, Bananas, Milk</p> <p>Cabbage Roll Soup, Wheat Bread, Pineapple</p> <p>Kiwi, Yogurt</p>	<p>5</p> <p>Shredded Wheat, Oranges, Milk</p> <p>Shepard's Pie, Rye Bread, Pears</p> <p>Apples, Wheat Thins</p>
<p>8</p> <p>Bran Cereal, Apples, Milk</p> <p>Meatballs w/ Sauce, Broccoli, Torpedo Rolls, Oranges</p> <p>Pears, Goldfish</p>	<p>9</p> <p>Corn Muffins, Bananas, Milk</p> <p>Roasted Chicken, Sweet Potatoes, Wheat Bread, Blueberries</p> <p>Mandarin Oranges, Cheese Sticks</p>	<p>10</p> <p>Cheerios, Cantaloupe, Milk</p> <p>Vegetable Soup, Dinner Rolls, Apples</p> <p>Sliced Cucumbers, Graham Crackers</p>	<p>11</p> <p>Banana Muffins, Bananas, Milk</p> <p>Stuffed Pepper Casserole, Rye Bread, Pineapple</p> <p>Kiwi, Yogurt</p>	<p>12</p> <p>Rice Crips, Oranges, Milk</p> <p>Chicken Nuggets, Mixed Veggies, Dinner Rolls, Pears</p> <p>Apples, Wheat Thins</p>
<p>15</p> <p>Chex Cereal, Apples, Milk</p> <p>Shaved Steak, Roasted Potatoes, Torpedo Rolls, Oranges</p> <p>Pears, Goldfish</p>	<p>16</p> <p>Blueberry Muffins, Bananas, Milk</p> <p>Turkey w/ Gravy, Green Beans, Wheat Bread, Blueberries</p> <p>Mandarin Oranges, Cheese Sticks</p>	<p>17</p> <p>Rice Krisps, Cantaloupe, Milk</p> <p>Cheese Ravioli, Peas &amp; Carrots, Apples</p> <p>Sliced Cucumbers, Graham Crackers</p>	<p>18</p> <p>Apple Cinnamon Muffins, Bananas, Milk</p> <p>Jambalaya w/ Brown Rice, Pineapple</p> <p>Kiwi, Yogurt</p>	<p>19</p> <p>Shredded Wheat, Oranges, Milk</p> <p>Chicken Noodle Soup, Dinner Rolls, Pears</p> <p>Apples, Wheat Thins</p>
<p>22</p> <p>Bran Cereal, Apples, Milk</p> <p>Chicken Cacciatore w/ Brown Rice, Oranges</p> <p>Pears, Goldfish</p>	<p>23</p> <p>Corn Muffins, Bananas, Milk</p> <p>Shepard's Pie, Rye Bread, Blueberries</p> <p>Mandarin Oranges, Cheese Sticks</p>	<p>24</p> <p>Cheerios, Cantaloupe, Milk</p> <p>Corn Chowder, Dinner Rolls, Apples</p> <p>Sliced Cucumbers, Graham Crackers</p>	<p>25</p> <p>Banana Muffins, Bananas, Milk</p> <p>American Chop Suey, Wheat Bread, Pineapple</p> <p>Kiwi, Yogurt</p>	<p>26</p> <p>Rice Crips, Oranges, Milk</p> <p>Chicken Sandwiches, Garden Salad, Hamburger Rolls, Pears</p> <p>Apples, Wheat Thins</p>
<p>29</p> <p>Chex Cereal, Apples, Milk</p> <p>Chicken Parm Sandwiches, Carrots, Hamburger Rolls, Oranges</p> <p>Pears, Goldfish</p>	<p>30</p> <p>Blueberry Muffins, Bananas, Milk</p> <p>Minestrone Soup, Bread Sticks, Blueberries</p> <p>Mandarin Oranges, Cheese Sticks</p>	<p>31</p> <p>Rice Krisps, Cantaloupe, Milk</p> <p>Chicken Burritos, Rice w/ Beans, Apples</p> <p>Sliced Cucumbers, Graham Crackers</p>	<p>* All Grains are Whole Grain enriched.</p> <p>* All portions are based on age levels governed by the RI &amp; MA Food Program's values. More food may always be served.</p> <p>* All portion sizes are the minimum required.</p> <p>BLUE = Breakfast      RED = Lunch      GREEN = Snack</p>	