<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
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| **Breakfast 9:00** | Cheese Grits  
Slice of Turkey  
Bacon  
Fruit Juice | French Toast  
Sticks  
Fresh  
Strawberries  
Skim Milk | Whole Wheat  
Cinnamon Toast  
Fruit Juice | Blueberry Muffin  
Skim Milk | Corn Flakes Cereal  
With Blueberries  
with Skim Milk |
| **Lunch 11:45** | Baked Chicken Patty on a Whole Grain Bun  
Sweet Potato tots  
Fresh Pineapple  
Skim Milk | Lean Ground Beef  
Taco with Lettuce, Tomato, & Grated Cheese  
Whole Kernel Corn  
No-sugar added  
Diced Pears  
Skim Milk | Lasagna  
Garden Salad with Tomatoes, Cucumbers and Low-Cal Ranch  
No-sugar-added  
Diced Peaches  
Skim Milk | Baked Fish Sticks with Ketchup for dipping  
Steamed Broccoli  
Whole Grain Rolls  
No-sugar-added  
Mandarin Oranges  
Skim Milk | Sliced Ham  
Shells & Cheese  
Lima Beans  
½ Banana  
Skim Milk |
| 2:00 Snack | Whole Grain Cheez-Its  
Fruit Juice | Strawberry yogurt  
Teddy Grams | String Cheese  
Ritz Crackers | Raisin Bread  
Skim Milk | Vanilla Wafers  
Skim Milk |
| 4:15 Snack | Animal Crackers  
Fruit Juice | Chex Mix  
Fruit Juice | Graham Crackers  
Fruit Juice | Goldfish Crackers  
Fruit Juice | Pretzels  
String Cheese |