

WHS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Week 1</i> <i>April 22 - 26</i> <b>Breakfast</b></p>	<p>Breakfast Bread Fruit Juice Fruit Cup Assorted 1% Milk</p>	<p>Sausage Biscuit Fruit Juice Fruit Cup Assorted 1% Milk</p>	<p>Mini Pancakes French Toast Fruit Juice Fruit Cup Assorted 1% Milk</p>	<p>Bacon Egg Biscuit Fruit Juice Fruit Cup Assorted 1% Milk</p>	<p>Mini Cinni Fruit Juice Fruit Cup Assorted 1% Milk</p>
<p><i>Week 1</i> <i>April 22 - 26</i> <b>Lunch</b></p>	<p>Chicken Tenders Steamed Carrots Fresh Fruit Fruit Cup Assorted 1% Milk</p>	<p>Orange Chicken Vegetable Fried Rice Mixed Vegetables Fresh Fruit Fruit Cup Assorted 1% Milk</p>	<p>Barbeque Whole Grain Bun Baked Beans Fresh Fruit Fruit Cup Assorted 1% Milk</p>	<p>Max Sticks Marinara Sauce Green Peas Fresh Fruit Fruit Cup Assorted 1% Milk</p>	<p>Hot Dogs Whole Grain Bun Steamed Broccoli Fresh Fruit Fruit Cup Assorted 1% Milk</p>
<p><i>Week 2</i> <i>April 29 – May 3</i> <b>Breakfast</b></p>	<p>Cereal Bar Fruit Juice Fruit Cup Assorted 1% Milk</p>	<p>French Toast Sticks Fruit Juice Fruit Cup Assorted 1% Milk</p>	<p>Pop Tarts Fruit Juice Fruit Cup Assorted 1% Milk</p>	<p>Lemon Bread Zucchini Bread Fruit Juice Fruit Cup Assorted 1% Milk</p>	<p>Breakfast Pizza Fruit Juice Fruit Cup Assorted 1% Milk</p>
<p><i>Week 2</i> <i>April 29 – May 3</i> <b>Lunch</b></p>	<p>Chicken Fajita Stir Fry Vegetable Fried Rice Green Beans Fresh Fruit Fruit Cup Assorted 1% Milk</p>	<p>Barbeque Chicken Baked Beans Baked Apples Fresh Fruit Fruit Cup Assorted 1% Milk</p>	<p>Corn Dogs Steamed Broccoli Fresh Fruit Fruit Cup Assorted 1% Milk</p>	<p>Oven Roasted Turkey/Gravy Mashed Potatoes Green Beans Fresh Fruit Fruit Cup Assorted 1% Milk</p>	<p>Pepperoni Pizza Cheese Pizza Steamed Carrots Fresh Fruit Fruit Cup Assorted 1% Milk</p>

Assorted 1% Milk served daily

The Five Meal Components for School Lunch

Meat or Meat Alternative, Grain, Fruit, Vegetable, Milk

You Choose at least 3 including ½ cup fruit or vegetable at least 2 other full components