



Z ACADEMI Z	22245				
A Nobel Engineery Community	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4	5
AM Snack	CLOSED	Hashbrowns, Apricots, Milk	Turkey Sausage Biscuit, Milk	Waffles with Mixed Berries, Milk	Yogurt with Granola, Milk
Lunch	HAPPY	Tacos on Tortillas, Shredded Lettuce, Cheese, Diced Tomatoes Pineapple Tidbits, Milk	Barbeque Chicken Sandwich, Green Beans, Diced Peaches, Milk	Salsibury Steak, Mashed Potatoes, Baked Cinnamon Apples, Dinner Roll, Milk	Fish Nuggets, Baked Beans, Pears, Milk
PM Snack	NEW YEAR	Fig Newton Bars, 100% Juice	Vanilla Wafers, Banana, Chilled Water	Saltine Crackers, Sliced Cheese, Chilled Water	Baked Soft Pretzels with Cheese Sauce, Chilled Water
Vegetarian	9	Cheese Quesadillia	Veggie Nuggets	Veggie Patty	Mac and Cheese Nuggets
AM Snack Who	8 ole Grain Cereal, Fresh Banana, Milk	9 Cheese Toast, Blueberries, Milk	10 Pancakes, Cantaloupe Chuncks, Milk	11 Cheesy Grits with Sliced Turkey Bacon,	12 Cinnamon Toast, Peaches, Milk
llunch		Chicken Nuggets, Steamed Green Beans, Mandarin Oranges, Milk	Vegetable Lasagna,Garlic Bread, Mango, Milk	Breaded Cheese Ravioli with Marinera Sauce, Peas and Carrots, Tropical Fruit, Milk	Cheese Pizza, Mixed Vegetables, Apple Slices, Milk
PM Snack Wate		Trail Mix (Cheerios, Crasins, Goldfish), Chilled Water	Sweet Potato Crackers,Sliced Apples, Chilled Water	Yogurt with Blueberries, Chilled Water	Rice Cakes, 100% Fruit Juice
Vegetarian Vegg	gie Slider	Veggie Nuggets	Vegetable Lasagna	Cheese Ravioli	Cheese Pizza
AM Snack	CLOSED	16 Whole Grain Cereal, Fresh Banana, Milk	17 Toasted English Muffin with Jelly, Milk	18 Cinnamon Raisin Bagels with Cream Cheese, Milk	19 Nutrigrain Bars with Fruit, Milk
Lunch	A A CONTRACTOR OF THE CONTRACT	Baked Ziti, Steamed Peas, Mandarin Oranges, Milk	Sloppy Joes on Whole Wheat Bun, Steamed Carrots, Diced Pears, Milk	Chicken Teriyaki, Steamed Corn, Applesauce, Milk	Grilled Cheese, Tomato Soup, Fruit Cocktail, Milk
PM Snack	MARTIN LUTHER KING JR.	Goldfish, 100% Fruit Juice	Soft Pretzels with Ranch Dressing, Chilled Water	Hummus, Pita Triangles, Chilled Water	Whole Grain Crackers, Cheese Stick, Chilled Water
Vegetarian	I HAVE A DREAM	Baked Ziti	Veggie Pattie	Sunbutter and Jelly Sandwich	Grilled Cheese
AM Snack Fren	nch Toast Sticks Mango Milk	23 Whole Grain Cereal, Fresh Orange Slices, Milk	24 Breakfast Burrito on Whole Wheat Tortilla, Fresh Apple Slices, Milk	25 Golden Hashbrown,Turkey Sausage Patty, Milk	26 Biscuits with Grape Jelly, Milk
llunch		Chicken Alfredo, Steamed Broccoli, Pineapple Tidbits, Milk	Meatloaf, Mashed Potatoes,Fresh Cantaloupe, Milk	Ravioli, Steamed Peas, Mixed Fruit Cocktail, Milk	Chicken Patty Sandwich, Potato Wedges,Baked Cinnamon Apples, Milk
PM Snack Wani	illa Wafers, Vanilla Pudding, Chilled er	Cheez-It's , 100% Fruit Juice	Animal Crackers, Milk	Pita Bread with Nacho Cheese, Chilled Water	Rice Cakes, 100% Fruit Juice
Vegetarian Chee	ese Quesadilla	Noodles with Alfredo Sauce	Veggie Patty	Macaroni and Cheese Nugget	Veggie Patty Sandwich
AM Snack Who	29 Die Grain Cereal, Fresh Banana, Milk	30 Pancakes, Cantaloupe Chunks, Milk	31 Egg Patty, Croissant, Mandarin Oranges, Milk		
Lunch		Baked Macaroni and Cheese, Sweet Peas, Fruit Cocktail, Milk	Creamy Chicken and Rice Casserole, Mixed Vegetables, Mango, Milk		
PM Snack Fig N	Newton Bars, 100% Fruit Juice	Graham Crackers, Yogurt, Chilled Water	Ritz Crackers, Cheese Cubes, Chilled Water		
Vegetarian Chee	ese Sandwich	Macaroni and Cheese	Cheesy Rice		