

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <i>Carbs:</i> White Rice <i>Protein:</i> Beef Meatballs <i>Vegetables:</i> Green Beans <u>PM Snack:</u> Bananas	2  <u>Teacher Planning Day</u>
5  <u>Lunch:</u> Spaghetti Bolognese <i>Carbs:</i> Spaghetti Pomodoro <i>Protein:</i> Ground Meat <i>Vegetables:</i> Broccoli <u>PM Snack:</u> Apples	6  <u>Lunch:</u> Kiddie Stew <i>Carbs:</i> White Rice <i>Protein:</i> Chicken Stew <i>Vegetables:</i> Mixed Vegetables <u>PM Snack:</u> Cantaloupe + Blueberries	7  <u>Lunch:</u> Moros with Turkey <i>Carbs:</i> Rice Black Beans <i>Protein:</i> Ground Turkey <i>Vegetables:</i> Corn & Carrots <u>PM Snack:</u> Honeydew + Strawberries	8  <u>Lunch:</u> Mac & Cheese + Veggie <i>Carbs:</i> Pasta <i>Protein:</i> Chicken <i>Vegetables:</i> Broccoli <u>PM Snack:</u> Pineapple + Kiwi	9  <u>Lunch:</u> Rice with Meatball + Veggie <i>Carbs:</i> White Rice <i>Protein:</i> Beef Meatballs <i>Vegetables:</i> Green Beans <u>PM Snack:</u> Watermelon
12  <u>Lunch:</u> Kiddie Stew <i>Carbs:</i> White Rice <i>Protein:</i> Chicken Stew <i>Vegetables:</i> Broccoli <u>PM Snack:</u> Mandarins	13  <u>Lunch:</u> Quesadilla Tuesday <i>Carbs:</i> Quesadilla with Cheese <i>Protein:</i> Ground Beef <i>Vegetables:</i> Mixed Vegetables <u>PM Snack:</u> Bananas	14  <u>Lunch:</u> Rice with Turkey Meatballs+ Veggie <i>Carbs:</i> White Rice <i>Protein:</i> Turkey Meatballs <i>Vegetables:</i> Sweet Plantains <u>PM Snack:</u> Watermelon	15  <u>Lunch:</u> Arroz con pollo <i>Carbs:</i> Yellow rice <i>Protein:</i> Chicken <i>Vegetables:</i> Broccoli <u>PM Snack:</u> Fruit Salad	16  <i>Carbs:</i> Rice + Garbanzos <i>Protein:</i> Chicken teriyaki <i>Vegetables:</i> Mixed Vegetables' <u>PM Snack:</u> Pineapple + Kiwi
19  <u>Lunch:</u> Orange Pasta <i>Carbs:</i> Rotini Pasta <i>Protein:</i> Orange Chicken <i>Vegetables:</i> Sweet Peas + Carrots <u>PM Snack:</u> Apples	20  <u>Lunch:</u> Mini Steak <i>Carbs:</i> Rice with Red Beans <i>Protein:</i> Steaks <i>Vegetables:</i> Mixed Vegetables <u>PM Snack:</u> Cantaloupe + Blueberries	21  <u>Lunch:</u> Arroz con pollo <i>Carbs:</i> Yellow rice <i>Protein:</i> Chicken <i>Vegetables:</i> Plantains <u>PM Snack:</u> Watermelon	22  <u>Lunch:</u> Spaghetti Bolognese <i>Carbs:</i> Spaghetti Pomodoro <i>Protein:</i> Ground Meat <i>Vegetables:</i> Broccoli <u>PM Snack:</u> Mandarins	23  <u>Lunch:</u> Rice with Meatball + Veggie <i>Carbs:</i> Yellow Rice <i>Protein:</i> Beef Meatballs <i>Vegetables:</i> Green Beans <u>PM Snack:</u> Bananas
26  <u>No School</u>	27  <u>Lunch:</u> Spaghetti Bolognese <i>Carbs:</i> Spaghetti Pomodoro <i>Protein:</i> Ground Meat <i>Vegetables:</i> Broccoli <u>PM Snack:</u> Cantaloupe + Strawberries	28  <u>Lunch:</u> Mac & Cheese + Veggie <i>Carbs:</i> Pasta <i>Protein:</i> Chicken <i>Vegetables:</i> Broccoli <u>PM Snack:</u> Watermelon	29  <u>Lunch:</u> Kiddies Ropa Vieja <i>Carbs:</i> Rice with Corn <i>Protein:</i> Shredded Beef <i>Vegetables:</i> Broccoli <u>PM Snack:</u> Fruit Salad	30  <u>Lunch:</u> Rice with Meatball + Veggie <i>Carbs:</i> White Rice <i>Protein:</i> Beef Meatballs <i>Vegetables:</i> Green Beans <u>PM Snack:</u> Watermelon