

Monday	Tuesday	Wednesday	Thursday	Friday
			4 Cinnamon Toast Crunch Apple Jacks Frosted Flakes Oatmeal Applesauce Cup Grape or Orange Juice Buttered Toast Milk, 1% Unflavored Milk, FF Chocolate Jelly	5 Cinnamon Toast Crunch Cocoa Puffs Frosted Flakes Crispito Chicken Pineapple Tidbits 100% Fruit Juices Buttered Toast Milk, 1% Unflavored Milk, FF Chocolate Jelly
8 Cinnamon Toast Crunch Apple Jacks Cocoa Puffs Muffin Applesauce Cup Grape or Orange Juice Buttered Toast Milk, 1% Unflavored Milk, FF Chocolate Jelly Strawberry GoGurt	9 Cinnamon Toast Crunch Frosted Flakes Golden Grahams Sausage Biscuit Pineapple Tidbits 100% Fruit Juices Buttered Toast Milk, 1% Unflavored Milk, FF Chocolate Jelly	10 Cinnamon Toast Crunch Lucky Charms Froot Loops Breakfast Burrito Fresh Orange Slices Apple or Grape Juice Buttered Toast Milk, 1% Unflavored Milk, FF Chocolate Jelly	11 Cinnamon Toast Crunch Cocoa Puffs Frosted Flakes Oatmeal Fresh Banana 100% Fruit Juices Buttered Toast Milk, 1% Unflavored Milk, FF Chocolate Jelly	12 Cinnamon Toast Crunch Golden Grahams Lucky Charms Crispito Chicken Box of Raisins 100% Fruit Juices Buttered Toast Milk, 1% Unflavored Milk, FF Chocolate Jelly
15 MLK	16 Cinnamon Toast Crunch Apple Jacks Cocoa Puffs Eggo Mini Blueberry Pancake Applesauce Cup Grape or Orange Juice Buttered Toast Milk, 1% Unflavored Milk, FF Chocolate Jelly Syrup	17 Cinnamon Toast Crunch Frosted Flakes Golden Grahams Kolache Pineapple Tidbits 100% Fruit Juices Buttered Toast Milk, 1% Unflavored Milk, FF Chocolate Jelly	18 Cinnamon Toast Crunch Lucky Charms Frosted Flakes Oatmeal Fresh Orange Slices Apple or Grape Juice Buttered Toast Milk, 1% Unflavored Milk, FF Chocolate Jelly	19 Cinnamon Toast Crunch Cocoa Puffs Frosted Flakes Crispito Chicken Box of Raisins 100% Fruit Juices Buttered Toast Milk, 1% Unflavored Milk, FF Chocolate Jelly
22 Cinnamon Toast Crunch Apple Jacks Cocoa Puffs Parfait w/Oranges Applesauce Cup Grape or Orange Juice Buttered Toast Milk, 1% Unflavored Milk, FF Chocolate Jelly	23 Cinnamon Toast Crunch Frosted Flakes Golden Grahams Sausage Biscuit Pineapple Tidbits 100% Fruit Juices Buttered Toast Milk, 1% Unflavored Milk, FF Chocolate Jelly	24 Cinnamon Toast Crunch Lucky Charms Froot Loops Omelet Fresh Orange Slices Apple or Grape Juice Buttered Toast Milk, 1% Unflavored Milk, FF Chocolate Jelly	25 Cinnamon Toast Crunch Cocoa Puffs Frosted Flakes Oatmeal Fresh Banana 100% Fruit Juices Buttered Toast Milk, 1% Unflavored Milk, FF Chocolate Jelly	26 Cinnamon Toast Crunch Golden Grahams Lucky Charms Crispito Chicken Box of Raisins 100% Fruit Juices Buttered Toast Milk, 1% Unflavored Milk, FF Chocolate Jelly
29 Apple Jacks Cinnamon Toast Crunch Cocoa Puffs Muffin Applesauce Cup Grape or Orange Juice Buttered Toast Milk, 1% Unflavored Milk, FF Chocolate Jelly Strawberry GoGurt	30 Cinnamon Toast Crunch Frosted Flakes Golden Grahams Sausage Biscuit Pineapple Tidbits 100% Fruit Juices Buttered Toast Milk, 1% Unflavored Milk, FF Chocolate Jelly	31 Cinnamon Toast Crunch Lucky Charms Froot Loops Breakfast Burrito Fresh Orange Slices Apple or Grape Juice Buttered Toast Milk, 1% Unflavored Milk, FF Chocolate Jelly		

Monday	Tuesday	Wednesday	Thursday	Friday
			4 Soft Breaded Cheese Sticks Parmesan Chix Croissant Broccoli Florets Black Eyed Peas Coleslaw Oranges Mandarin Milk, 1% Unflavored Milk, FF Chocolate Homemade Marinara Ranch Packet	5 Cheeseburger PB&J Mixed Vegetables Burger Salad Pickle Dill Slices Applesauce Cup Cheetos Milk, 1% Unflavored Milk, FF Chocolate Ketchup Mayonnaise Mustard
8 Popcorn Chicken Popcorn Chicken Spicy Mashed Potatoes Cucumber Slices Frozen Fruit Slushie Milk, 1% Unflavored Milk, FF Chocolate Ketchup Cream Gravy Ranch Packet	9 CFS Croissant Turkey Croissant Tator Tots Baked Beans Tossed Salad Apple Sliced Pouch Milk, 1% Unflavored Milk, FF Chocolate Ketchup Mustard Mayonnaise Ranch Packet	10 Burrito Beef and Bean Taco Soup Whole Kernel Corn Cherry Tomatoes Homemade Salsa Pineapple Tidbits Corn Bread Milk, 1% Unflavored Milk, FF Chocolate Ranch Packet	11 Spaghetti w/Meatsauce Cheese Pizza Pepperoni Pizza Steamed Broccoli Baby Carrots Peaches Garlic Bread Milk, 1% Unflavored Milk, FF Chocolate Ranch Packet	12 Hamburger Cheeseburger Grilled Cheese Croissant Burger Salad Pickle Dill Slices Mixed Vegetables Applesauce Cup Cheetos Milk, 1% Unflavored Milk, FF Chocolate Ketchup Mayonnaise Mustard
15 MLK	16 Chicken Spaghetti Hot Pocket Black Eyed Peas Cucumber Slices Oranges Mandarin Milk, 1% Unflavored Milk, FF Chocolate Ranch Packet	17 Hot Dog Frito Chili Cheese Wrap Tator Tots Cherry Tomatoes Raisins Carnival Cookie Milk, 1% Unflavored Milk, FF Chocolate Ketchup Mustard Ranch Packet	18 Ravioli Italian Grill Cheese Broccoli & Cheese Baby Carrots Frozen Fruit Slushie Garlic Bread Milk, 1% Unflavored Milk, FF Chocolate Ranch Packet	19 Cheeseburger PB&J Mixed Vegetables Burger Salad Pickle Dill Slices Applesauce Cup Cheetos Milk, 1% Unflavored Milk, FF Chocolate Ketchup Mayonnaise Mustard
22 Chicken Noodle Soup w/Goldfish Fajita Chicken Wrap Potato Wedges Broccoli Florets Homemade Salsa Frozen Fruit Slushie Milk, 1% Unflavored Milk, FF Chocolate Ranch Packet	23 Chicken Sandwich Spicy Chicken Sandwich Baked Beans Cucumber Slices Dill Pickle Slices Fresh Apple Slices Cheez It Crackers Milk, 1% Unflavored Milk, FF Chocolate Mayonnaise Ketchup Ranch Packet	24 Nachos w/Beef Soft Tacos Whole Kernel Corn Cherry Tomatoes Homemade Salsa Pineapple Tidbits Spanish Rice Milk, 1% Unflavored Milk, FF Chocolate Ranch Packet	25 Chicken Alfredo Pizza Tony's Pepperoni Green Beans Baby Carrots Oranges Mandarin Garlic Bread Milk, 1% Unflavored Milk, FF Chocolate Ranch Packet	26 Hamburger Cheeseburger Sloppy Joe Burger Salad Pickle Dill Slices Mixed Vegetables Applesauce Cup Cheetos Milk, 1% Unflavored Milk, FF Chocolate Ketchup Mayonnaise Mustard
29 Mini Chef Salad Popcorn Chicken Mashed Potatoes Cucumber Slices Frozen Fruit Slushie Corn Bread Milk, 1% Unflavored Milk, FF Chocolate Cream Gravy Ketchup Ranch Packet	30 Corn Dog Sloppy Joe French Fries Baby Carrots Fresh Orange Slices Milk, 1% Unflavored Milk, FF Chocolate Mustard Ranch Packet	31 Taco Salad Mac and Cheese Refried Beans Cherry Tomatoes Homemade Salsa Fresh Grapes Spanish Rice Milk, 1% Unflavored Milk, FF Chocolate Ranch Packet		

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			<p>4</p> <p>Cinnamon Toast Crunch Cocoa Puffs Frosted Flakes Eggo Mini Blueberry Pancake Fresh Banana 100% Fruit Juices Buttered Toast Milk, 1% Unflavored Milk, FF Chocolate Jelly</p>	<p>5</p> <p>Cinnamon Toast Crunch Golden Grahams Lucky Charms Crispito Chicken Box of Raisins 100% Fruit Juices Buttered Toast Milk, 1% Unflavored Milk, FF Chocolate Jelly</p>
<p>8</p> <p>Cinnamon Toast Crunch Cocoa Puffs Apple Jacks Muffin Applesauce Cup Grape or Orange Juice Buttered Toast Milk, 1% Unflavored Milk, FF Chocolate Jelly Strawberry GoGurt</p>	<p>9</p> <p>Cinnamon Toast Crunch Frosted Flakes Golden Grahams Kolache Pineapple Tidbits 100% Fruit Juices Buttered Toast Milk, 1% Unflavored Milk, FF Chocolate Jelly</p>	<p>10</p> <p>Lucky Charms Froot Loops Cinnamon Toast Crunch Breakfast Eurrto Fresh Orange Slices Apple or Grape Juice Buttered Tcast Milk, 1% Unflavored Milk, FF Chocolate Jelly</p>	<p>11</p> <p>Cinnamon Toast Crunch Cocoa Puffs Frosted Flakes Eggo Mini Blueberry Pancake Fresh Banana 100% Fruit Juices Buttered Toast Milk, 1% Unflavored Milk, FF Chocolate Jelly</p>	<p>12</p> <p>Cinnamon Toast Crunch Golden Grahams Lucky Charms Crispito Chicken Box of Raisins 100% Fruit Juices Buttered Toast Milk, 1% Unflavored Milk, FF Chocolate Jelly</p>
<p>15</p> <p>MLK</p>	<p>16</p> <p>Cinnamon Toast Crunch Frosted Flakes Golden Grahams Muffin and Cheese Stick Pineapple Tidbits 100% Fruit Juices Buttered Toast Milk, 1% Unflavored Milk, FF Chocolate Jelly</p>	<p>17</p> <p>Cinnamon Toast Crunch Lucky Charms Frosted Flakes Breakfast Pizza Fresh Orange Slices Apple or Grape Juice Buttered Tcast Milk, 1% Unflavored Milk, FF Chocolate Jelly</p>	<p>18</p> <p>Cinnamon Toast Crunch Cocoa Puffs Frosted Flakes Hashbrown Casserole Fresh Banana 100% Fruit Juices Buttered Toast Milk, 1% Unflavored Milk, FF Chocolate Jelly</p>	<p>19</p> <p>Cinnamon Toast Crunch Golden Grahams Lucky Charms Crispito Chicken Box of Raisins 100% Fruit Juices Buttered Toast Milk, 1% Unflavored Milk, FF Chocolate Jelly</p>
<p>22</p> <p>Cinnamon Toast Crunch Cocoa Puffs Apple Jacks Muffin Applesauce Cup Grape or Orange Juice Buttered Toast Milk, 1% Unflavored Milk, FF Chocolate Jelly Strawberry GoGurt</p>	<p>23</p> <p>Cinnamon Toast Crunch Frosted Flakes Golden Grahams Sausage Biscuit Pineapple Tidbits 100% Fruit Juices Buttered Toast Milk, 1% Unflavored Milk, FF Chocolate Jelly</p>	<p>24</p> <p>Lucky Charms Froot Loops Cinnamon Toast Crunch Breakfast Quesadilla Fresh Orange Slices Apple or Grape Juice Buttered Tcast Milk, 1% Unflavored Milk, FF Chocolate Jelly</p>	<p>25</p> <p>Cinnamon Toast Crunch Cocoa Puffs Frosted Flakes Donut Powdered Sugar Fresh Banana 100% Fruit Juices Buttered Toast Milk, 1% Unflavored Milk, FF Chocolate Jelly</p>	<p>26</p> <p>Cinnamon Toast Crunch Golden Grahams Lucky Charms Crispito Chicken Box of Raisins 100% Fruit Juices Buttered Toast Milk, 1% Unflavored Milk, FF Chocolate Jelly</p>
<p>29</p> <p>Cinnamon Toast Crunch Cocoa Puffs Apple Jacks Muffin Applesauce Cup Grape or Orange Juice Buttered Toast Milk, 1% Unflavored Milk, FF Chocolate Jelly Strawberry GoGurt</p>	<p>30</p> <p>Cinnamon Toast Crunch Frosted Flakes Golden Grahams Kolache Pineapple Tidbits 100% Fruit Juices Buttered Toast Milk, 1% Unflavored Milk, FF Chocolate Jelly</p>	<p>31</p> <p>Lucky Charms Froot Loops Cinnamon Toast Crunch Breakfast Croissant Fresh Orange Slices Apple or Grape Juice Buttered Tcast Milk, 1% Unflavored Milk, FF Chocolate Jelly</p>		

Monday	Tuesday	Wednesday	Thursday	Friday
			4 Popcorn Chicken Popcorn Chicken Spicy Black Eyed Peas Mashed Potatoes Coleslaw Fresh Grapes Corn Bread Milk, 1% Unflavored Milk, FF Chocolate Ranch Packet	5 Cheeseburger Burrito Beef and Bean French Fries Pinto Beans Lettuce Shredded Tomato Slices Dill Pickle Slices Sliced Apples Milk, 1% Unflavored Milk, FF Chocolate Ketchup Hunt's Mayonnaise Mustard Packet
8 Soft Cheesy Breadsticks Spaghetti w/Meatsauce Green Beans Tossed Salad Cherry Tomatoes Corn for Salad Mandarin Oranges Milk, 1% Unflavored Milk, FF Chocolate Ranch Packet	9 Nachos w/Beef Baked Potato Tossed Salad Purple Onion Pepper, Jalapeno Homemade Salsa Frozen Fruit Slushie Spanish Rice Milk, 1% Unflavored Milk, FF Chocolate Ranch Packet	10 CFS Croissant Chicken, Spinach and Cheese Wrap Baked Beans Tossed Salad Baby Carrots Cucumber Slices Sliced Peaches Cheeto Puffs Milk, 1% Unflavored Milk, FF Chocolate Ranch Packet	11 Popcorn Chicken Orange Chicken Mashed Potatoes Tossed Salad Broccoli Florets Fresh Grapes Buttermilk Biscuit Milk, 1% Unflavored Milk, FF Chocolate Cream Gravy Ranch Packet	12 Cheeseburger Burrito Beef and Bean French Fries Pinto Beans Lettuce Shredded Tomato Slices Dill Pickle Slices Fresh Apple Slices Milk, 1% Unflavored Milk, FF Chocolate Ketchup Hunt's Mayonnaise Mustard Packet
15 MLK	16 Frito Pie Baked Potato Tossed Salad Purple Onion Pepper, Jalapeno Frozen Fruit Slushie Spanish Rice Milk, 1% Unflavored Milk, FF Chocolate Ranch Packet	17 Chicken Spaghetti Hot Pocket Tossed Salad Baby Carrots Cucumber Slices Steamed Broccoli Mandarin Oranges Milk, 1% Unflavored Milk, FF Chocolate Ranch Packet	18 Popcorn Chicken Popcorn Chix Spicy Mashed Potatoes Tossed Salad Baby Carrots Cherry Tomatoes Fresh Grapes Buttermilk Biscuit Milk, 1% Unflavored Milk, FF Chocolate Cream Gravy Ranch Packet	19 Cheeseburger Burrito Beef and Bean French Fries Pinto Beans Lettuce Shredded Tomato Slices Dill Pickle Slices Sliced Apples Milk, 1% Unflavored Milk, FF Chocolate Ketchup Hunt's Mayonnaise Mustard Packet
22 French Bread Pizza Cheese or Pepperoni Green Beans Tossed Salad Cherry Tomatoes Corn for Salad Mandarin Oranges Milk, 1% Unflavored Milk, FF Chocolate Ranch Packet	23 Nachos w/Beef Baked Potato Whole Kernel Corn Purple Onion Pepper, Jalapeno Homemade Salsa Frozen Fruit Slushie Milk, 1% Unflavored Milk, FF Chocolate Ranch Packet	24 Chicken Sandwich Mini Chef Salad Black Eyed Peas Tossed Salad Baby Carrots Cucumber Slices Sliced Peaches Cheeto Puffs Milk, 1% Unflavored Milk, FF Chocolate Ranch Packet	25 Popcorn Chix Spicy Popcorn Chicken Mashed Potatoes Tossed Salad Broccoli Florets Pineapple Tidbits Buttermilk Biscuit Milk, 1% Unflavored Milk, FF Chocolate Cream Gravy Ranch Packet	26 Cheeseburger Burrito Beef and Bean French Fries Burger Salad Tomato Slices Dill Pickle Slices Mushroom Slices Sliced Apples Milk, 1% Unflavored Milk, FF Chocolate Mayonnaise Mustard Packet Ketchup
29 Chicken Alfredo Soft Cheesy Breadsticks Green Beans Tossed Salad Cherry Tomatoes Corn for Salad Mandarin Oranges Garlic Bread Milk, 1% Unflavored Milk, FF Chocolate Ranch Packet	30 Soft Tacos Baked Potato Lettuce Shredded Purple Onion Pepper, Jalapeno Homemade Salsa Frozen Fruit Slushie Spanish Rice Milk, 1% Unflavored Milk, FF Chocolate Ranch Packet	31 Corn Dog Fajita Chicken Wrap Broccoli with Cheese Sauce Tossed Salad Baby Carrots Cucumber Slices Mandarin Oranges Cheeto Puffs Milk, 1% Unflavored Milk, FF Chocolate Ranch Packet		

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			4 Popcorn Chicken Popcorn Chix Spicy Mashed Potatoes Black Eyed Peas Coleslaw Fresh Grapes Corn Bread Milk, 1% Unflavored Milk, FF Chocolate	5 Cheeseburger Burrito Beef and Bean French Fries Pinto Beans Lettuce Shredded Tomato Slices Dill Pickle Slices Sliced Apples Milk, 1% Unflavored Milk, FF Chocolate
8 Soft Cheesy Breadsticks Spaghetti w/Meatsauce Green Beans Tossed Salad Cherry Tomatoes Corn for Salad Mandarin Oranges Garlic Bread Milk, 1% Unflavored Milk, FF Chocolate	9 Nachos w/Beef Baked Potato Tossed Salad Purple Onion Pepper, Jalapeno Homemade Salsa Frozen Fruit Slushie Raisins Spanish Rice Milk, 1% Unflavored Milk, FF Chocolate	10 CFS Croissant Chicken, Spinach and Cheese Wrap Baked Beans Tossed Salad Baby Carrots Cucumber Slices Sliced Peaches Cheeto Puffs Milk, 1% Unflavored Milk, FF Chocolate	11 Popcorn Chicken Orange Chicken Mashed Potatoes Tossed Salad Broccoli Florets Croutons Cheese and Garlic Fresh Grapes Buttermilk Biscuit Milk, 1% Unflavored Milk, FF Chocolate	12 Cheeseburger Burrito Beef and Bean French Fries Pinto Beans Lettuce Shredded Tomato Slices Dill Pickle Slices Sliced Apples Milk, 1% Unflavored Milk, FF Chocolate
15 MLK	16 Frito Pie Baked Potato Tossed Salad Purple Onion Pepper, Jalapeno Frozen Fruit Slushie Raisins Spanish Rice Corn Bread Milk, 1% Unflavored Milk, FF Chocolate	17 Chicken Spaghetti Hot Pocket Tossed Salad Baby Carrots Cucumber Slices Steamed Broccoli Mandarin Oranges Garlic Bread Milk, 1% Unflavored Milk, FF Chocolate	18 Popcorn Chicken Popcorn Chix Spicy Mashed Potatoes Tossed Salad Baby Carrots Cherry Tomatoes Fresh Grapes Buttermilk Biscuit Milk, 1% Unflavored Milk, FF Chocolate	19 Cheeseburger Burrito Beef and Bean French Fries Pinto Beans Lettuce Shredded Tomato Slices Dill Pickle Slices Sliced Apples Milk, 1% Unflavored Milk, FF Chocolate
22 French Bread Pizza Cheese or Pepperoni Green Beans Tossed Salad Cherry Tomatoes Corn for Salad Mandarin Oranges Milk, 1% Unflavored Milk, FF Chocolate	23 Nachos w/Beef Baked Potato Whole Kernal Corn Purple Onion Pepper, Jalapeno Homemade Salsa Frozen Fruit Slushie Raisins Milk, 1% Unflavored Milk, FF Chocolate	24 Chicken Sandwich Mini Chef Salad Black Eyed Peas Tossed Salad Baby Carrots Cucumber Slices Sliced Peaches Cheeto Puffs Milk, 1% Unflavored Milk, FF Chocolate	25 Popcorn Chix Spicy Popcorn Chicken Mashed Potatoes Tossed Salad Broccoli Florets Croutons Cheese and Garlic Pineapple Tidbits Buttermilk Biscuit Milk, 1% Unflavored Milk, FF Chocolate	26 Cheeseburger Burrito Beef and Bean French Fries Burger Salad Tomato Slices Dill Pickle Slices Mushroom Slices Sliced Apples Carnival Cookie Milk, 1% Unflavored Milk, FF Chocolate
29 Chicken Alfredo Soft Cheesy Breadsticks Green Beans Tossed Salad Cherry Tomatoes Corn for Salad Mandarin Oranges Garlic Bread Milk, 1% Unflavored Milk, FF Chocolate	30 Soft Tacos Baked Potato Lettuce Shredded Purple Onion Pepper, Jalapeno Homemade Salsa Frozen Fruit Slushie Raisins Spanish Rice Milk, 1% Unflavored Milk, FF Chocolate	31 Corn Dog Fajita Chicken Wrap Broccoli with Cheese Sauce Tossed Salad Baby Carrots Cucumber Slices Mandarin Oranges Cheeto Puffs Milk, 1% Unflavored Milk, FF Chocolate		

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2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: Program.Intake@usda.gov

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