

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

| 5 |                                        |         |
|---|----------------------------------------|---------|
|   | <b>Macaroni and Cheese</b>             | 312 cal |
|   | Buffalo Style Chicken Stuffed Sandwich | 291 cal |
|   | Vegan Hummus and w/ Tortilla Round     | 370 cal |
|   | Garlic Breadsticks                     | 110 cal |
|   | Sweet Potato Crinkle Cut Fries         | 169 cal |
|   | Black Beans                            | 85 cal  |
|   | Mixed Fruit Cup                        | 80 cal  |

| 6 |                                                   |         |
|---|---------------------------------------------------|---------|
|   | <b>Arroz con Pollo</b>                            | 312 cal |
|   | Latin Style Black Beans w/ Brown Rice             | 113 cal |
|   | Salad, Sliced Turkey & Cheese                     | 241 cal |
|   | Soft Tortilla                                     | 91 cal  |
|   | Brown Rice                                        | 148 cal |
|   | Savory Herb Crackers                              | 90 cal  |
|   | Street Corn                                       | 138 cal |
|   | Tossed Salad, w/Grape Tomatoes & Carrots, Shredde | 17 cal  |
|   | Frozen Rips Strawberry Kiwi                       | 60 cal  |

| 7 |                                     |         |
|---|-------------------------------------|---------|
|   | <b>Spicy Chicken Breast Strips</b>  | 214 cal |
|   | Parfait, Peach w/Cheese Stick       | 366 cal |
|   | Parfait, Strawberry w/Cheese Stick  | 319 cal |
|   | Salad, Chicken Tenders              | 311 cal |
|   | Mini Waffles                        | 89 cal  |
|   | Savory Herb Crackers                | 90 cal  |
|   | Tater Tots                          | 116 cal |
|   | Steamed California Blend Vegetables | 71 cal  |
|   | Fresh Apple Slices                  | 29 cal  |

| 1 |                                                   |         |
|---|---------------------------------------------------|---------|
|   | <b>Chicken Parmesan over Penne Pasta</b>          | 399 cal |
|   | Chicken Caesar Wrap                               | 397 cal |
|   | Vegan Hummus and w/ Tortilla Round                | 370 cal |
|   | Soy No-Nutbutter Sandwich                         | 280 cal |
|   | Garlic Breadsticks                                | 110 cal |
|   | Fresh Baby Carrots, Snack Pack                    | 23 cal  |
|   | Tossed Salad, w/Grape Tomatoes & Carrots, Shredde | 17 cal  |
|   | Fresh Apple Slices                                | 29 cal  |

| 2 |                                     |         |
|---|-------------------------------------|---------|
|   | <b>Garlic Cheese Pizza</b>          | 370 cal |
|   | Yogurt w/ Cheese & Crackers         | 387 cal |
|   | Vegan Bean & Green Chile Burrito    | 290 cal |
|   | Steamed California Blend Vegetables | 71 cal  |
|   | Steamed Broccoli                    | 49 cal  |
|   | Fruit Blend Juice                   | 90 cal  |

| 12 |                   |  |
|----|-------------------|--|
|    | No menu published |  |

| 13 |                                        |         |
|----|----------------------------------------|---------|
|    | <b>Chicken Popcorn</b>                 | 255 cal |
|    | Philly Cheese Steak Sub                | 304 cal |
|    | Latin Style Black Beans w/ Brown Rice  | 113 cal |
|    | Brown Rice                             | 148 cal |
|    | Fresh Mini Sweet Peppers               | 13 cal  |
|    | Potato Smiles                          | 130 cal |
|    | Pineapple Wedges, Individually Wrapped | 50 cal  |

| 14 |                             |         |
|----|-----------------------------|---------|
|    | <b>Chicken Wings</b>        | 562 cal |
|    | Honey BBQ Rib on Bun        | 351 cal |
|    | Salad, Egg & Cheese         | 247 cal |
|    | Yogurt w/ Cheese & Crackers | 387 cal |
|    | Hawaiian Roll               | 129 cal |
|    | Savory Herb Crackers        | 90 cal  |
|    | Farm Fresh Corn Cobettes    | 97 cal  |
|    | Steamed Spinach             | 96 cal  |

| 15 |                                                   |         |
|----|---------------------------------------------------|---------|
|    | <b>Cheese Tortellini</b>                          | 199 cal |
|    | Meat Sauce                                        | 106 cal |
|    | Salad, Caesar                                     | 187 cal |
|    | Vegan Bean & Green Chile Burrito                  | 290 cal |
|    | Munchies Munch Mix Snack Mix                      | 110 cal |
|    | Tossed Salad, w/Grape Tomatoes & Carrots, Shredde | 17 cal  |
|    | Steamed California Blend Vegetables               | 71 cal  |
|    | Fresh Apple Slices                                | 29 cal  |

| 16 |                                   |         |
|----|-----------------------------------|---------|
|    | <b>Pizza Crunchers</b>            | 436 cal |
|    | Beef Hot Dog on Bun               | 308 cal |
|    | Vegan, Chik'n Nuggets w/ Crackers | 396 cal |
|    | Baked Beans                       | 150 cal |
|    | Fruit Blend Juice                 | 90 cal  |

| 19 |                                   |         |
|----|-----------------------------------|---------|
|    | <b>Chicken, Tangerine</b>         | 210 cal |
|    | Turkey Ham & Cheese Melt          | 306 cal |
|    | Vegan, Chik'n Nuggets w/ Crackers | 396 cal |
|    | Woodles Noodles                   | 138 cal |
|    | Sweet Potato Wedges               | 153 cal |
|    | Mixed Vegetables                  | 30 cal  |
|    | Peach Cup                         | 70 cal  |

| 20 |                                        |         |
|----|----------------------------------------|---------|
|    | <b>Beef &amp; Cheese Taco Crisp</b>    | 360 cal |
|    | Vegan Bean & Green Chile Burrito       | 290 cal |
|    | Salad, Egg & Cheese                    | 247 cal |
|    | Vegan Hummus and w/ Tortilla Round     | 370 cal |
|    | Savory Herb Crackers                   | 90 cal  |
|    | Vegetable, Pepper & Onion Fajita Blend | 44 cal  |
|    | Black Beans                            | 85 cal  |
|    | Fresh Pineapple Spear                  | 43 cal  |

| 21 |                                      |         |
|----|--------------------------------------|---------|
|    | <b>Breaded Chicken Fillet on Bun</b> | 344 cal |
|    | Yogurt w/ Cheese & Crackers          | 387 cal |
|    | Potato Wedges                        | 144 cal |

| 22 |                                                   |         |
|----|---------------------------------------------------|---------|
|    | <b>Beef A Roni</b>                                | 205 cal |
|    | Grilled Cheese                                    | 284 cal |
|    | Vegan, Chik'n Nuggets w/ Crackers                 | 396 cal |
|    | Garlic Breadsticks                                | 110 cal |
|    | Tossed Salad, w/Grape Tomatoes & Carrots, Shredde | 17 cal  |
|    | Triple Berry Blast Veggie Edge                    | 60 cal  |
|    | Fresh Apple Slices                                | 29 cal  |

| 23 |                                                     |         |
|----|-----------------------------------------------------|---------|
|    | <b>Pull Apart Cheesy Beef Pepperoni Breadsticks</b> | 271 cal |
|    | Vegan Hummus and w/ Tortilla Round                  | 370 cal |
|    | Fresh Sliced Cucumbers                              | 11 cal  |
|    | Sweet Potato Crinkle Cut Fries                      | 169 cal |
|    | Fruit Blend Juice                                   | 90 cal  |

| 26 |                                    |         |
|----|------------------------------------|---------|
|    | <b>Chicken Teriyaki</b>            | 245 cal |
|    | Vegan, Chik'n Nuggets              | 280 cal |
|    | Korean BBQ Shredded Chicken on Bun | 341 cal |
|    | Vegetable Egg Roll                 | 140 cal |
|    | Lo Mein                            | 133 cal |
|    | Roasted Farm Fresh Green Beans     | 40 cal  |
|    | Mixed Vegetables                   | 30 cal  |
|    | Frozen Whole Fruit Cup             | 77 cal  |

| 27 |                                                   |         |
|----|---------------------------------------------------|---------|
|    | <b>Mexican Pizza</b>                              | 351 cal |
|    | Breaded Mozzarella Cheese Sticks                  | 390 cal |
|    | Latin Style Black Beans w/ Brown Rice             | 113 cal |
|    | Brown Rice                                        | 148 cal |
|    | Sweet Potato Wedges                               | 153 cal |
|    | Tossed Salad, w/Grape Tomatoes & Carrots, Shredde | 17 cal  |
|    | Applesauce Cup                                    | 50 cal  |

| 28 |                                     |         |
|----|-------------------------------------|---------|
|    | <b>Cheeseburger on Bun</b>          | 404 cal |
|    | Baked CornDog                       | 243 cal |
|    | Vegan Salad w/ Garbanzo Beans       | 347 cal |
|    | Savory Herb Crackers                | 90 cal  |
|    | Potato, Cajun Seasoned French Fries | 104 cal |
|    | Roasted Garbanzo Beans              | 136 cal |
|    | Fresh Apples                        | 68 cal  |

| 29 |                                                   |         |
|----|---------------------------------------------------|---------|
|    | <b>Chicken Parmesan over Penne Pasta</b>          | 388 cal |
|    | Chicken Caesar Wrap                               | 216 cal |
|    | Vegan Hummus and w/ Tortilla Round                | 370 cal |
|    | Grilled Cheese                                    | 284 cal |
|    | Tossed Salad, w/Grape Tomatoes & Carrots, Shredde | 17 cal  |
|    | Roasted Farm Fresh Green Beans                    | 40 cal  |
|    | Smooth-Frozen SideKicks Theme Celebrations        | 75 cal  |
|    | Fresh Apple Slices                                | 29 cal  |

| 30 |                                     |         |
|----|-------------------------------------|---------|
|    | <b>Garlic Cheese Pizza</b>          | 370 cal |
|    | Yogurt w/ Cheese & Crackers         | 387 cal |
|    | Vegan Bean & Green Chile Burrito    | 290 cal |
|    | Steamed California Blend Vegetables | 71 cal  |
|    | Steamed Broccoli                    | 49 cal  |
|    | Fruit Blend Juice                   | 90 cal  |