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NON-DISCRIMINATION: All children are treated the same regardless of ability to pay. In the operation of child feeding programs, no child will be discriminated against because of race, sex, color, religion, national origin, age or handicap. If you believe you have been discriminated against, write immediately to the USDA, Director, Office of Adjudications, 1400 Independence Avenue, SW, Washington,
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Avenue, SW, Washington, D.C. 20250-9410

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16

23

30

WG TRKY SAU BREAKFAST PIZZA

**PEACHES** 

MILK

**OPEN SITE MENU** 

WG BREAKFAST EGG TAC-GO

**APPLESAUCE** 

MILK

WG TRKY SAU BREAKFAST PIZZA

**PEACHES** 

MILK

17

24

31

**CHEESY SCRAMBLED EGGS** 

WG TOAST

KIWI WEDGES

MILK

**OPEN SITE MENU** 

WG APPLE CINN OATMEAL

**PEARS** 

MILK

CHEESY SCRAMBLED EGGS

**WG TOAST** 

**PEACHES** 

MILK



WG - Whole Grain

	Monday	Tuesday	Wednesday	Thursday	Friday
:	2	3	4	5	6
f f	CHEESY SCRAMBLED EGGS WG TOAST PEACHES MILK	WG BLUEBERRY MUFFIN YOGURT PINEAPPLE TIDBITS MILK	WG MINI MAPLE PANCAKES BANANA MILK	WG BISCUITS & GRAVY STRAWBERRIES MILK	OPEN SITE MENU WG TRKY SAU BREAKFAST PIZZA KIWI WEDGES MILK
	9	10	11	12	13
:	WG BREAKFAST EGG TAC-GO APPLESAUCE MILK	WG APPLE CINN OATMEAL BLUEBERRIES MILK	WG CHEERIOS CEREAL WG TOAST BANANA MILK	CHEESY SCRAMBLED EGGS WG MINI BISCUIT ORANGE WEDGES MILK	WG STRAWBERRY PANCAKES PEARS MILK
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WG MINI MAPLE PANCAKES

**BANANA** 

MILK

**OPEN SITE MENU** 

**CHEESY SCRAMBLED EGGS** 

WG MINI BISCUIT

**BANANA** 

MILK



lifetime.

processed foods. It is a reminder to find your healthy eating style and build it throughout your



WG CHEERIOS CEREAL

WG TOAST

**BLUEBERRIES** 

MILK



19

26







WG BISCUITS & GRAVY

**STRAWBERRIES** 

MILK

**OPEN SITE MENU** 

WG STRAWBERRY PANCAKES

**ORANGE WEDGES** 

MILK



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tor, Office of Adjudica-

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Choose MyPlate.go

My Plate is based on the current dietary

guidelines released by

the government, which

encourages Americans

processed foods. It is a

reminder to find your healthy eating style and

build it throughout your

to eat more fruits,

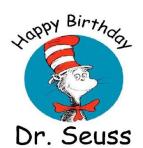
vegetables, whole

grains, and fewer

lifetime.

Monday	Tuesday	Wednesday	Thursday	Friday
2 WG FISH BITES MAC N CHEESE MIXED VEGETABLES PEARS MILK	3 WG FIESTADA PIZZA GREEN BEANS STRAWBERRIES & BLUEBERRIES MILK	WG SPAGHETTI W/ ZESTY MEATSAUCE MIXED GREENS SALAD ITALIAN DRESSING ORANGE WEDGES MILK	5 WG CHICKEN NUGGETS MASHED POTATOES & GRAVY STEAMED BROCCOLI PEACHES MILK	6 OPEN SITE MENU CHEESEBURGER ON WG BUN BAKED FRIES LETTUCE/TOMATO/PICKLE COOKED CARROTS ROSY APPLESAUCE MILK
9 WG HOT HAM & CHEESE PANINI GREEN BEANS PEARS MILK	10 WG BEEF ENCHILADAS WG MEXICAN-STYLE RICE COOKED CORN BANANA SALSA MILK	II WG CHICKEN SANDWICH SWEET POTATO TRAX MIXED GREENS SALAD ITALIAN DRESSING STRAWBERRY FRUIT MEDLEY MILK	SLICED MEATLOAF WG HOT ROLL AU GRATIN POTATOES COOKED CARROTS APPLESAUCE MILK	13  CHILI, WG CRACKERS,  WG CORNBREAD MUFFIN  STEAMED BROCCOLI  PEACHES  MILK
16  WG CHEESE PIZZA  GREEN BEANS  PEARS  MILK	17 WG SHAMROCK CHICKEN NUGGETS MAC N CHEESE MIXED VEGETABLES ROSY APPLESAUCE MILK *SHAMROCK COOKIE	18 CHICKEN & WG NOODLES WG MINI BISCUIT MIXED GREENS SALAD ITALIAN DRESSING PEACHES MILK	WG BEEF FINGERS MASHED POTATOES & GRAVY STEAMED BROCCOLI *STRAW/POM FRZ JUICE CUP MILK	20 OPEN SITE MENU SLOPPY JOE ON WG BUN BAKED TATER TOTS COOKED CARROTS STRAWBERRIES & BLUEBERRIES MILK
OPEN SITE MENU WG GRILLED CHEESE GREEN BEANS STRAWBERRY FRUIT MEDLEY MILK	24 OPEN SITE MENU WG SOFT SHELLED TACO SALSA REFRIED BEANS COOKED CORN BANANA MILK	25 OPEN SITE MENU WG BEEFY MAC & CHEESE MIXED GREENS SALAD RANCH DRESSING PEARS MILK	26 OPEN SITE MENU WG CHICKEN PATTY MASHED POTATOES & GRAVY WG HOT ROLL STEAMED BROCCOLI PEACHES MILK	27 OPEN SITE MENU WG TANGERINE CHICKEN WG STEAMED RICE COOKED PEAS HOT SPICED APPLES MILK
WG FISH BITES MAC N CHEESE MIXED VEGETABLES PEARS MILK	31  WG FIESTADA PIZZA  GREEN BEANS  STRAWBERRIES & BLUEBERRIES  MILK	Spring		





**Monday** 



Fruits Vegetables	Grains Dairy Protein
ChooseMy	/Plate.gov

My Plate is based on

guidelines released by

the government, which encourages Americans

processed foods. It is a

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build it throughout your

reminder to find your

the current dietary

to eat more fruits,

vegetables, whole

grains, and fewer

lifetime.

**Friday** 

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WG - Whole Grain

N: he ity of ns, ni-	2 1-5 YEAR GOLDFISH CRACKERS MILK	3 1-5 YEAR APPLESAUCE CUP MILK	4 1-5 YEAR WG BLUEBERRY LEMON CRISPY BITES MILK	5 1-5 YEAR ORANGE WEDGES MILK	6 OPEN SITE MENU 1-5 YEAR STRING CHEESE WG CRACKERS 100% APPLE JUICE
ns, ni- of on, or ve at- di- ca- ce on, 10	9 1-5 YEAR WG ORIGINAL GRAHAMS MILK	1-5 YEAR ASSORTED YOGURT 100% APPLE JUICE	11  1-5 YEAR  APPLE CINNAMON MUFFIN  MILK	1-5 YEAR WG CRISPY CHEDDAR CRACKERS MILK	1-5 YEAR BANANA MILK
is in	1-5 YEAR STRING CHEESE WG CRACKERS 100% APPLE JUICE	1-5 YEAR ORANGE WEDGES MILK	1-5 YEAR WG CHEEZ-IT CRACKERS MILK	1-5 YEAR WG BLUEBERRY LEMON CRISPY BITES MILK	OPEN SITE MENU 1-5 YEAR APPLESAUCE CUP MILK
_	OPEN SITE MENU 1-5 YEAR WG ORIGINAL GRAHAMS MILK	OPEN SITE MENU 1-5 YEAR GOLDFISH CRACKERS MILK	OPEN SITE MENU 1-5 YEAR WG BLUEBERRY MUFFIN MILK	OPEN SITE MENU 1-5 YEAR ASSORTED YOGURT 100% APPLE JUICE	OPEN SITE MENU 1-5 YEAR BANANA MILK
	30  1-5 YEAR  WG CRISPY CHEDDAR CRACKERS  MILK	31  1-5 YEAR APPLESAUCE CUP MILK	SPRING A	AHEAD	

