

Week # 1		Dates menu used
<b>CEB: (4) week Cycle Menu subject to change w/o notice</b>		
<b>Monday</b>	Whole Grain items- flavored brd, Cereal, Breakfast bar, muffin.	<b>10/12/2020</b>
	fruit/fresh fruit/ juice / milk	<b>11/9/2020</b>
<b>Lunch</b>	Cheese burger (2- oz meat) (1 cheese slice) pickle spear	<b>12/7/2020</b>
	Wgrn- 2 oz Hamburger Bun ( WGRN Gold Fish 0.75 oz)	
	vegetable (1/2 C) Fruit (1/2 C) milk (8 Oz)	
<b>Tuesday</b>	Whole Grain items- flavored brd, Cereal, Breakfast bar, muffin.	<b>10/13/2020</b>
<b>Breakfast</b>	fruit/fresh fruit/ juice / milk	<b>11/10/2020</b>
<b>Lunch</b>	Super Nachos Tortilla chips WGR 2.0 oz	<b>12/8/2020</b>
	beef taco meat (2 oz) Shred lettuce 1/2 C, shred cheese 1/4 c	
	fresh orange, apple sauce 1/2 C, 8 oz milk	
<b>Wednesday</b>	Whole Grain items- flavored brd, Cereal, Breakfast bar, muffin.	<b>9/16/2020</b>
<b>Breakfast</b>	fruit/fresh fruit/ juice / milk	<b>10/14/2020</b>
<b>Lunch</b>	WGRN Corn dog 2 oz wgrn, 2 oz M/MA	<b>11/11/2020</b>
	(Baked beans 1/2 C), (Carroteenies 2/ 1.6 oz PKG,)	<b>12/9/2020</b>
	1 Apple, 8 OZ milk	
<b>Thursday</b>	Whole Grain items- flavored brd, Cereal, Breakfast bar, muffin.	<b>9/17/2020</b>
<b>Breakfast</b>	fruit/fresh fruit/ juice / milk	<b>10/15/2020</b>
<b>Lunch</b>	hamburger gravy, 1/2 C, rice, 1 wgrn dinner roll	<b>11/12/2020</b>
	G beans 1/2 C, baby Car 1/2 C, M fruit 1/2 C, 8oz milk	<b>12/10/2020</b>
<b>Friday</b>	Whole Grain items- flavored brd, Cereal, Breakfast bar, muffin.	<b>9/18/2020</b>
<b>Breakfast</b>	fruit/fresh fruit/ juice / milk	<b>10/16/2020</b>
<b>Lunch</b>	wgrn Sub bread (2.0 oz), (deli meat 2.0 oz), cheese Slice 0.5	<b>11/13/2020</b>
	(Broccoli florettes, 1 C), sliced romaine leaf, mayo pk 0.5 oz	<b>12/11/2020</b>
	(multi grain sun chips 1.oz), apple, 8 oz milk, Juice box	

**Week # 2**

**CEB (4) Week Cycle Menu, Subject to change W/O notice**

**Dates Menu  
used**

<b>Monday</b>	Whole Grain items- flavored brd, Cereal, Breakfast bar, muffin.				9/21/2020
	fruit/fresh fruit/ juice / milk				10/19/2020
<b>Lunch</b>	Chicken Patties-2 oz, wgrn Bun, potatoes				11/16/2020
	vegetable (1/2 C) Fruit (1/2 C) milk (8 Oz)				12/14/2020
<b>Tuesday</b>	Whole Grain items- flavored brd, Cereal, Breakfast bar, muffin.				9/22/2020
<b>Breakfast</b>	fruit/fresh fruit/ juice / milk				10/20/2020
<b>Lunch</b>	burrito, (wkcorn), wg cheese its,	0.75 x 2 pk			11/17/2020
	fresh orange, apple sauce 1/2 C, 8 oz milk				12/15/2020
<b>Wednesday</b>	Whole Grain items- flavored brd, Cereal, Breakfast bar, muffin.				9/23/2020
<b>Breakfast</b>	fruit/fresh fruit/ juice / milk				10/21/2020
<b>Lunch</b>	Chili, wgrn biscuit, celery sticks,				11/18/2020
	apple, milk 8 oz				12/16/2020
<b>Thursday</b>	Whole Grain items- flavored brd, Cereal, Breakfast bar, muffin.				9/24/2020
<b>Breakfast</b>	fruit/fresh fruit/ juice / milk				10/22/2020
<b>Lunch</b>	Wgrn Smart pizza, mixed vegetables 1/2 C, baby carrots,				11/19/2020
	fruit cocktail 1/2 C, milk 8 oz				
<b>Friday</b>	Whole Grain items- flavored brd, Cereal, Breakfast bar, muffin.				9/25/2020
<b>Breakfast</b>	fruit/fresh fruit/ juice / milk				10/23/2020
<b>Lunch</b>	Goulash, bread sticks, steamed broccali, carroteens x2				11/20/2020
	fruit 1/2 C, milk 8 oz				



**Week # 3 CEB (4) Week Cycle Menu: Subject to change W/O Notice**Date's menu  
used

<b>Monday</b>	Whole Grain items- flavored brd, Cereal, Breakfast bar, muffin.	9/28/2020
	fruit/fresh fruit/ juice / milk	10/26/2020
<b>Lunch</b>	Sloppy Jo's on WGRN Bun, Tater tots, Carroteenies	11/23/2020
	Fresh Fruit, Milk 8 Oz	
<b>Tuesday</b>	Whole Grain items- flavored brd, Cereal, Breakfast bar, muffin.	9/29/2020
<b>Breakfast</b>	fruit/fresh fruit/ juice / milk	10/27/2020
<b>Lunch</b>	Chicken Strips, (potatoes, 1/2 C) (mixed veggies, 1/2 C)	11/24/2020
	wgrn bread slice, Fruit 1/2 C, 8 oz Milk	
<b>Wednesday</b>	Whole Grain items- flavored brd, Cereal, Breakfast bar, muffin.	9/30/2020
<b>Breakfast</b>	fruit/fresh fruit/ juice / milk	10/28/2020
<b>Lunch</b>	Beef noodle casserole, wgrn dinner roll, green beans,	11/25/2020
	fresh fruit, 8 oz milk	
<b>Thursday</b>	Whole Grain items- flavored brd, Cereal, Breakfast bar, muffin.	10/1/2020
<b>Breakfast</b>	fruit/fresh fruit/ juice / milk	10/29/2020
<b>Lunch</b>	hamburger gravy, 1/2 C, rice, 1 wgrn dinner roll	11/26/2020
	G beans 1/2 C, baby Car 1/2 C, M fruit 1/2 C, 8oz milk	
<b>Friday</b>	Whole Grain items- flavored brd, Cereal, Breakfast bar, muffin.	10/2/2020
<b>Breakfast</b>	fruit/fresh fruit/ juice / milk	10/30/2020
<b>Lunch</b>	Cheese burger (2- oz meat) (1 cheese slice) pickle spear	11/27/2020
	Wgrn- 2 oz Hamburger Bun ( WGRN Gold Fish 0.75 oz)	
	vegetable (1/2 C) Fruit (1/2 C) milk (8 Oz)	

Week # 4	CEB (4) Week Cycle Menu: Subject to change w/o Notice					Dates menu used
Monday	Whole Grain items- flavored brd, Cereal, Breakfast bar, muffin.					10/5/2020
	fruit/fresh fruit/ juice / milk					11/2/2020
Lunch	Taco Burger on wgrn bun, (tater tots) (1/2 C, corn)					11/30/2020
	apple sauce 1/2 C, milk 8 oz					
Tuesday	Whole Grain items- flavored brd, Cereal, Breakfast bar, muffin.					10/6/2020
Breakfast	fruit/fresh fruit/ juice / milk					11/3/2020
Lunch	Totilla shells					12/1/2020
	chicken fajita meat (2 oz) Shred lettuce 1/2 C, shred cheese 1/4 c					
	fresh orange, (baby carrots x 2 pk), 8 oz milk					
Wednesday	Whole Grain items- flavored brd, Cereal, Breakfast bar, muffin.					10/7/2020
Breakfast	fruit/fresh fruit/ juice / milk					11/4/2020
Lunch	All beef Hot Dog, wgrn bun, baked beans, celery sticks x4					12/2/2020
	mixed fruit, 8 oz milk					
Thursday	Whole Grain items- flavored brd, Cereal, Breakfast bar, muffin.					10/8/2020
Breakfast	fruit/fresh fruit/ juice / milk					11/5/2020
Lunch	Chicken Nuggets, Rice, 1/2 C					12/3/2020
	(Carroteenies 2/ 1.6 oz PKG,)					
	1 Apple, 4.3 oz 100 % Juice, 8 oz milk					
Friday	Whole Grain items- flavored brd, Cereal, Breakfast bar, muffin.					10/9/2020
Breakfast	fruit/fresh fruit/ juice / milk					11/6/2020
Lunch	Spaghetti, Garlic toast, wk corn, celery sticks				fruit	12/4/2020
	3/4 C.	2 oz	1/2 c	4 stx	1/2 C.	