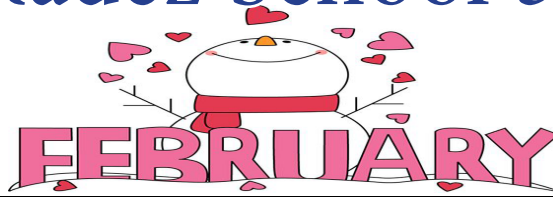


Radez School 3-5

M/ma=meat/meat alternate
 WG=Whole Grain WW=Whole
 Wheat RF=Reduced Fat
 FF=Fat Free RS=Reduced Sodium
 R/ORed/Orange G=DarkGreen B/
 P=Beans/Peas S=Starchy O=Other

CRCS PROVIDES EQUAL
 PROGRAM AND EMPLOYMENT
 OPPORTUNITIES.

MENU SUBJECT TO CHANGE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Day 4 WG Bagel RF Cream Cheese ~~~~~ 3 WG Chicken Strips BBQ Sauce WW Bread Slice ~~~~~ Peanut Butter and Jelly 1 oz Peanut Butter, WW Bread 12 oz ~~~~~ Fruit Choices ½ Cup Fresh OR Cinnamon Applesauce ~~~~~ Vegetable Choices ¾ Cup Broccoli Cuts/G Mashed Potatoes	29 Day 5 WW Breakfast Bun ~~~~~ RF Beef Burgers cheese WW bun ketchup 2pk/9gm, 2 pickle slices/O ~~~~~ Tuna Salad Sandwich RF Mayo/ Bread with Romaine ~~~~~ Fruit Choices ½ Cup Fresh OR Peaches ~~~~~ Vegetable Choices ¾ Cup Baked Oven Fries Oven Baked Beans/B/P	30 Day 6 WW Muffin ~~~~~ Taco/Nacho Seasoned Meat Shredded RF Cheese OR RF Cheese Sauce RS WG Chips/.5 oz WG Brown Rice/ Salsa 1oz R/O ~~~~~ Bologna & Cheese WW Bread ~~~~~ Fruit Choices ½ Cup Fresh OR Applesauce ~~~~~ Vegetable Choices ¾ Cup Tomato/Black Bean Salsa /R/O Sweet Carrot Coins/R/O Lettuce/Tomato Cup	31 Day 1 Pancake Stix ~~~~~ Oven Roasted Hot Dog WW Dog Roll Ketchup 2pk 9gm/Mustard 1pk/Relish 1pk Macaroni Salad ~~~~~ Turkey Cheese WW Bread RF Mayo 1pk ~~~~~ Fruit Choices ½ Cup Fresh OR Sweet Baked Apples ~~~~~ Vegetable Choices ¾ Cup Oven Baked Beans/ B/P Coleslaw/O	1 Day 2 WG French Toast Sticks Syrup ~~~~~ Assorted WG RF Cheese Pizza ~~~~~ Ham Cheese WW Bread Mustard 1pk ~~~~~ Fruit Choices ½ Cup Fresh Fruit OR Spiced Pears ~~~~~ Vegetable Choices ¾ Cup Pasta Salad W/ Veggies Mixed Greens/G/1c=½c
4 Day 3 WW Cinnamon Toast ~~~~~ 12 ea. WG Popcorn Chicken WG Roll. ~~~~~ Peanut Butter and Jelly Peanut Butter, WW Bread ~~~~~ Fruit Choices ½ Cup Fresh OR Mixed Fruit ~~~~~ Vegetable Choices ¾ Cup Broccoli Cuts/G Assorted Vegetables/O	5 Day 4 WW Breakfast Bun ~~~~~ WG Toasted Cheese Sandwich ½ American ½ Mozzarella Seasoned Noodles ~~~~~ Tuna Salad Sandwich 2 RF Mayo/Bread with Romaine ~~~~~ Fruit Choices ½ Cup Fresh OR Peaches ~~~~~ Vegetable Choices ¾ Cup Golden Corn/R/O Oven Baked Beans/B/P Tomato Soup/R/O	6 Day 5 WW Muffin ~~~~~ Taco/Nachos Seasoned Meat Shredded RF Cheese OR RF Cheese Sause RS WG Chips WG Brown Rice/Salsa R/O ~~~~~ Bologna & Cheese WW Bread ~~~~~ Fruit Choices ½ Cup Fresh OR Strawberry Cup ~~~~~ Vegetable Choices ¾ Cup Green Beans/O Cowboy Salsa	7 Day 6 Pancake Stick/Syrup ~~~~~ 4 French Toast Sticks Syrup Sausage Patty ~~~~~ Turkey Cheese WW Bread ~~~~~ Fruit Choices ½ Cup Fresh OR Cinnamon Applesauce ~~~~~ Vegetable Choices ¾ Cup Carrots/R/O Babycakes/O	8 Day 1 WG French Toast Sticks Syrup ~~~~~ Assorted WG Round RF Cheese Pizza ~~~~~ Ham Cheese WW Bread RF Mayo 1 pk, Mustard 1pk ~~~~~ Fruit Choices ½ Cup Fresh Fruit OR Spiced Pears ~~~~~ Vegetable Choices ¾ Cup Pasta Salad W/ Veggies Mixed Greens/G/1c=½c
11 Day 2 WBagelRFcreamCheese ~~~~~ 5 WG Chicken Nuggets BBQ Sauce WW Bread Slice ~~~~~ Peanut Butter and Jelly Peanut Butter, WW Bread ~~~~~ Fruit Choices ½ Cup Fresh OR Peaches ~~~~~ Vegetable Choices ¾ Cup Sweet Carrot Coins/R/O Mashed Potatoes/O	12 Day 3 WW Breakfast Bun ~~~~~ Mini Pancakes, Sausage Patty ~~~~~ Peanut Butter and Jelly Sandwich Peanut Butter WW Bread ~~~~~ Fruit Choices ½ Cup Fresh OR Sweet Baked Apples ~~~~~ Vegetable Choices ¾ Cup Steamed Spinach/G Oven Tots	13 Day 4 WW Muffin ~~~~~ Taco/Nacho Seasoned Meat Shredded RF Cheese OR RF Cheese Sauce RS WG Chips WG Brown Rice/Salsa R/O ~~~~~ Bologna 1.5oz & Cheese .5oz WW Bread 2oz ~~~~~ Fruit Choices ½ Cup Fresh OR Applesauce ~~~~~ Vegetable Choices ¾ Cup Tomato/Black Bean Salsa /R/O Lettuce-Tomato Cup Oven Baked Beans/B/P	14 Day 5 Pancake Stick/Syrup 1 oz ~~~~~ 4 WG Mozzarella sticks Pasta Sauce/R/O WW pasta ¼ cup Garlic Roll ~~~~~ Turkey and Cheese WW Bread RF Mayo 1 pk ~~~~~ Fruit Choices ½ Cup Fresh OR Peaches ~~~~~ Vegetable Choices ¾ Cup Golden Corn/R/O Green Beans/O	15 Day 6 WG French Toast Sticks Syrup ~~~~~ Assorted WG Round RF Cheese Pizza ~~~~~ Ham Cheese WW Bread Mustard 1pk ~~~~~ Fruit Choices ½ Cup Fresh Fruit OR Spiced Pears ~~~~~ Vegetable Choices ¾ Cup Assorted Vegetables /O Pasta Salad W/ Veggies Mixed Greens/G/1c=½c
<h2>Winter Recess Feb. 18-22</h2>				
25 Day 1 WW Cinnamon Toast ~~~~~ 3 WG Chicken Strips BBQ Sauce WW Bread Slice ~~~~~ Peanut Butter and Jelly Peanut Butter, WW Bread ~~~~~ Fruit Choices ½ Cup Fresh OR Cinnamon Applesauce ~~~~~ Vegetable Choices ¾ Cup Mashed Potatoes Sweet Carrot Coins/R/O	26 Day 2 WW Breakfast Bun ~~~~~ RF Beef Burgers cheese WW bun ketchup 2pk/9gm, 2 pickle slices/O ~~~~~ Tuna Salad Sandwich RF Mayo/Bread with Romaine ~~~~~ Fruit Choices ½ Cup Fresh OR Strawberry Cups ~~~~~ Vegetable Choices ¾ Cup Baked Oven Fries Oven Baked Beans/B/P	27 Day 3 WW Muffin ~~~~~ 4 WG Mozzarella sticks Pasta Sauce/R/O WW pasta ¼ cup Garlic Roll 1oz ~~~~~ Bologna & Cheese WW Bread ~~~~~ Fruit Choices ½ Cup Fresh OR Sweet Baked Apples ~~~~~ Vegetable Choices ¾ Cup /B/P, Assorted Vegetables Green Beans/O	28 Day 4 Pancake Sticks ~~~~~ French Toast Sticks/ Sausage Patty/ Syrup ~~~~~ Turkey & Cheese WW Bread RF Mayo 1pk ~~~~~ Fruit Choices ½ Cup Fresh OR Peach Cup ~~~~~ Vegetable Choices ¾ Cup Oven Tots OR Steamed Spinach/G	1 Day 5 WG French Toast Sticks Syrup ~~~~~ Assorted WG Round RF Cheese Pizza ~~~~~ Ham & Cheese WW Bread Mustard 1pk ~~~~~ Fruit Choices ½ Cup Fresh Fruit OR Spiced Pears ~~~~~ Vegetable Choices ¾ Cup Pasta Salad W/ Veggies Golden Corn/R/O