

Monday	Tuesday	Wednesday	Thursday	Friday
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Substitutions May Be Made as Needed				Baked Fish Fillet w/ Whole Wheat Bun Cauliflower Fresh or Chilled Fruit Vanilla Wafers Banana
4	5	6	7	8
Merritt Academy is Closed	Chicken Nuggets Zucchini Fresh or Chilled Fruit Mini Muffins Applesauce	Pesto Penne Pasta Whole Wheat Roll Fresh or Chilled Fruit Nutri Gran Bars Pineapple	Pulled BBQ Chicken w/ Peas & Carrots, Whole Wheat Bun Fresh or Chilled Fruit Elf Grams Pears	Turkey Meatballs Sub w/ Mozzarella Salad w/ Ranch Dressing Fresh or Chilled Fruit Pretzels Tropical Fruit
11	12	GRILL DAY 13	14	15
Stuffed Shells w/ Marinara Sauce Mix Vegetables w/ Whole Wheat Roll Fresh or Chilled Fruit Graham Crackers Honey Dew	Cheese Pizza Carrots Fresh or Chilled Fruit Cheez It Crackers Pineapple	Beef Hot Dog w/ Whole Wheat Bun Salad w/ Ranch Dressing Fresh or Chilled Fruit Cheez it Crackers Cantaloupe	Pancakes w/ Syrup Turkey Sausage Fresh or Chilled Fruit Nutri Gran Bars Banana	Chicken Salad on a Whole Wheat Bun Chips and Pickles Fresh or Chilled Fruit String Cheese Apple Slices
18	19	20	21	22
Meatless Baked Ziti Salad w/ Ranch Dressing Fresh or Chilled Fruit Pretzels Cantaloupe	Tacos– Ground Beef, Tortilla Wrap Cheese, Lettuce and Salsa Fresh or Chilled Fruit Pretzels Mandarin Oranges	Cod Nuggets w/ Whole Wheat Roll Green Beans Fresh or Chilled Fruit Ritz Crackers w/ Hummus Honey Dew	Chicken Tenders Mixed Vegetables Fresh or Chilled Fruit Mini Muffins Diced Peaches	Chicken Patty w/ Whole Wheat Bun Salad w/ Ranch Dressing Fresh or Chilled Fruit Goldfish Cantaloupe
25	26	27	28	29
Mac & Cheese Salad w/ Ranch Dressing Fresh or Chilled Fruit Elf Grams Pineapple Tidbits	Beef Ravioli w/ Marinara Sauce Green Beans w/ Whole Wheat Roll Fresh or Chilled Fruit Fig Newtons Applesauce	Mini Turkey Corn Dogs Cauliflower Fresh or Chilled Fruit Yogurt Mandarin Oranges	French Toast w/ Syrup Turkey Sausage Fresh or Chilled Fruit Graham Crackers Tropical Fruit	Turkey and Cheddar Cheese Wrap Chips and Pickles Fresh or Chilled Fruit Vanilla Wafers Banana