<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
</table>
| **Breakfast**  | Cream of Wheat*  
                   | Corn Chex Cereal*  
                   | Bran Flakes Cereal*  
                   | Oatmeal*  
                   | Rice Krispie Cereal*  
                   |                                             |
|        | Applesauce  
                   | Bananas  
                   | Orange Wedges  
                   | Diced Pineapple  
                   | Diced Peaches  
                   |                                             |
|        | Milk  
                   | Milk  
                   | Milk  
                   | Milk  
                   | Milk  
                   |                                             |
| **Lunch**  | BBQ Chicken ***  
                   | Tuna Bowtie*  
                   | Refrito Beans-Cheese***  
                   | Turkey Marinara***  
                   | Curry Chicken***  
                   |                                             |
|        | Burger Bun*  
                   | Salad***  
                   | Tostadas*  
                   | Penne*  
                   | Brown Rice*  
                   |                                             |
|        | Sliced Cucumbers  
                   | Green Beans  
                   | Sliced Tomatos  
                   | Broccoli & Cauliflower  
                   | Peas & Carrots  
                   |                                             |
|        | Diced Peaches  
                   | Diced Pineapples  
                   | Diced Pears  
                   | Applesauce  
                   | Diced Pears  
                   |                                             |
|        | Milk  
                   | Milk  
                   | Milk  
                   | Milk  
                   | Milk  
                   |                                             |
| **Vegetarian**  | Tuna Bowtie*  
                   | None  
                   | None  
                   | None  
                   | None  
                   |                                             |
| We substitute the meat protein with a vegetarian alternative. | BBQ Bean Pattie  
                   | Bean Bowtie  
                   | Beans & Penne  
                   | Beans & Penne  
                   | Beans & Penne  
                   |                                             |
| **Snack**  | Cheese & Wheat Tortilla*  
                   | String Cheese & Wheat Crackers*  
                   | Sunflower butter & Tortilla*  
                   | Bananas & Blueberry Yogurt  
                   | Applesauce & Graham Crackers*  
                   |                                             |

- **All milk served is unflavored. Children 2+ years old are served either low-fat (1%) or fat-free milk. 1 year old children are served whole milk.**
- WGR or * indicates whole grain rich.
- HM or ** indicates homemade.

The AELC participates in the USDA Food Program, and is an equal opportunity provider and employer.