



*This program is an equal opportunity provider

Monday	Tuesday	Wednesday	Thursday
<p>4</p> <p>B: Milk, WW waffles w/ Greek yogurt & apples</p> <p>L: Milk, chicken salad or teriyaki chicken on a bed of lettuce w/ brown rice or WW pasta & peaches</p> <p>S: Cheese slices & rice cakes</p>	<p>5</p> <p>B: Milk, WW bagel with cream cheese & pears</p> <p>L: Milk, Beef meatloaf, fresh or frozen green beans & blueberries</p> <p>S: Hard-boiled egg & cantaloupe</p>	<p>6</p> <p>B: Milk, baked granola, Greek yogurt & berries</p> <p>L: Milk, lentil sloppy joes on WW bun w/ corn & coleslaw, nectarines</p> <p>S: Sunflower seed butter w/ apples</p>	<p>7</p> <p>B: Milk, breakfast burrito (eggs, refried beans, salsa, cheese) w/ avocado</p> <p>L: Milk, Chicken Noodle Soup w/ WW noodles, roll, w/ cheese stick, snap peas & pineapple</p> <p>S: Carrots & WW crackers</p>
<p>11</p> <p>B: Milk, WW biscuit or English muffin w/ Greek yogurt & blueberries</p> <p>L: Milk, macaroni & cheese with ham, broccoli, & pears</p> <p>S: Pineapple & hard-boiled egg</p>	<p>12</p> <p>B: Milk, WW French toast sticks w/ unsweetened applesauce</p> <p>L: Milk, bean or veggie burgers (condiments on the side) on a WW bun w/ baked sweet potatoes & strawberries</p> <p>S: Turkey slices & flatbread</p>	<p>13</p> <p>B: Milk, hot or cold cereal & banana</p> <p>L: Milk, COOK'S CHOICE</p> <p>S: Cauliflower popcorn & cheese stick</p>	<p>14</p> <p>B: Milk, hard-boiled or scrambled egg, WW toast & orange slices</p> <p>L: Milk, chili con carne, corn muffins, steamed broccoli & mango</p> <p>S: Rice crackers & melon</p>
<p>18</p> <p>B: Milk, WW English muffin w/ sunflower seed butter & peach slices</p> <p>L: Milk, rainbow WW spaghetti (bell peppers, mushrooms) with ground turkey or beef & tomato sauce w/ spinach & carrot salad and pears</p> <p>S: Fruit smoothies (berries, spinach, milk) & graham crackers</p>	<p>19</p> <p>B: Milk, WW pancakes w/ Greek yogurt & mixed berries</p> <p>L: Milk, Stir-fry brown rice chicken fajita w/ squash and corn & mandarins or cuties</p> <p>S: Unsweetened applesauce & cheese stick</p>	<p>20</p> <p>B: Milk, Scrambled eggs, & frozen tropical fruit</p> <p>L: Milk, Healthy Request tomato soup & WW grilled cheese, snap peas or carrot sticks & banana</p> <p>S: Bean dip with salsa or hummus & WW crackers</p>	<p>21</p> <p>B: Milk, Oatmeal & blueberries</p> <p>L: Milk, WW English Muffin Pizza w/ turkey pepperoni, bell peppers, mushroom & pineapple</p> <p>S: Rice cakes & egg salad</p>
<p>25</p> <p>B: Milk, scrambled eggs w/ avocado toast</p> <p>L: Milk, Tuna fish sandwich, fish patty or tuna casserole, WW roll/bread, w/ squash & nectarines</p> <p>S: Greek yogurt & apples</p>	<p>26</p> <p>B: Milk, lentil zucchini muffins, w/ mixed fruit</p> <p>L: Milk, chicken nuggets from scratch, WW roll, asparagus & peaches</p> <p>S: Kale chips & cheese stick</p>	<p>27</p> <p>B: Milk, hot or cold cereal & banana</p> <p>L: Milk, WW tortilla or taco (rotate beef, chicken, fish, tofu, & bean) w/ lettuce, cheese, salsa & melon</p> <p>S: Milk, graham cracker "cheesecakes" (cream cheese & berries)</p>	<p>28</p> <p>B: Milk, WW pancakes w/ berries & cottage cheese</p> <p>L: Milk, sunflower seed butter & jelly sandwich on WW bread, hard-boiled egg, cucumber slices & cuties or mandarins</p> <p>S: Roasted chickpeas (with salt, pepper, and garlic) & kiwi</p>

Chickpeas, also called garbanzo beans, have been enjoyed as a nutritious food source for 7,000 years. The name chickpea comes from their similarity of appearance to a chick's beak. Like other legumes, chickpeas have root nodules that fix nitrogen, which helps to improve the soil. This bushy plant varies in height from 8 inches to 3 feet and grows best in dry climates. Each pod contains 1-3 chickpeas

