<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>NO SCHOOL</td>
<td>LUNCH</td>
<td>LUNCH</td>
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<td>LUNCH</td>
</tr>
</tbody>
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Reference: USDA MyPlate. Whole grain includes whole-grain bread, brown rice, and whole-grain cereal.

Nutrition Tip: With September being National Whole Grains Month, focus on increasing whole-grain intake.

- **Milk**: 2 milk portions are included in each meal.
- **Pizza**: WG Pizza is available on the menu.
- **Salads**: WG Chicken Caesar Salad, Broccoli Salad, and others are options.
- **Snacks**: WG Nacho Chips, Broccoli Sticks, and other snacks are available.
- **Fruit**: Fresh Fruit is included in each meal.
- **Vegetables**: WG Green Beans, Carrots, and other vegetables are options.
- **Grilled Chicken**: WG Grilled Chicken is available.
- **Burgers**: WG Cheeseburger is included.
- **Grilled Ribs**: BBQ Pork Rib is available.
- **Potato Fries**: WG French Fries, Sweet Potato Fries, and other fries are available.