<table>
<thead>
<tr>
<th>Entée</th>
<th>Grain</th>
<th>Vegetable</th>
<th>Fruit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greek Salad with Chicken Breast</td>
<td>Greek Salad with Chicken</td>
<td>Cowboy Bread</td>
<td>Red white and Blue salad</td>
</tr>
<tr>
<td>Fresh Fruit</td>
<td>Hummus with Veggies</td>
<td>Granola Bar</td>
<td>Fruit Salad</td>
</tr>
<tr>
<td></td>
<td>Chicken Fried Rice</td>
<td>Sunshine Bread</td>
<td>Banana</td>
</tr>
<tr>
<td></td>
<td>Fresh Fruit</td>
<td>Pasta Salad</td>
<td>Apple</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Hot roll</td>
<td>Fresh cut fruit</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Pita Bread</td>
<td>Orange</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken Caesar Wrap</td>
<td>Italian Sandwich</td>
<td>Bolognese Pasta</td>
<td></td>
</tr>
<tr>
<td>Mixed Veggies</td>
<td>Kale Salad</td>
<td>Kale Salad</td>
<td></td>
</tr>
<tr>
<td>Fresh Fruit</td>
<td>Fresh Fruit</td>
<td>Fresh Fruit</td>
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</tr>
<tr>
<td>Grilled Cheese w/Tomato Soup</td>
<td>Italian Sandwich</td>
<td>Chicken Bacon Ranch Quesadilla</td>
<td>BBQ Pork Sandwich</td>
</tr>
<tr>
<td>Fresh Fruit</td>
<td>Kale Salad</td>
<td>Pico de Gallo</td>
<td>Roasted Sweet Potatoes</td>
</tr>
<tr>
<td></td>
<td>Fresh Fruit</td>
<td>Bean Medley</td>
<td>Fresh Fruit</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fresh Fruit</td>
<td></td>
</tr>
</tbody>
</table>

**Click on menu item below to view recipe**

- Greek Salad with Chicken Breast
- Fresh Fruit
- Chicken Fried Rice
- Fresh Fruit
- Hummus with Vegetables and Pita
- Fresh Fruit
- Cuban Sandwich
- Greek Salad
- Fresh Fruit
- Chicken Parmesan Sandwich
- Braised Kale
- Fresh Fruit
- Mama Mia Pasta Bake
- Italian Garbanzo Bean Salad
- Fresh Fruit
- Sesame Chicken with Lo Mein Noodles
- Firecracker Zucchini
- Fresh Fruit
- Honey Sriracha Chicken w/Brown Rice
- Asian Corn Salad
- Fresh Fruit
- Southwest Mac n Cheese
- Spinach Salad
- Fresh Fruit
- Italian Sandwich
- Kale Salad
- Fresh Fruit
- Chicken Bacon Ranch Quesadilla
- Pico de Gallo
- Bean Medley
- Fresh Fruit
- Bolognese Pasta
- Kale Salad
- Fresh Fruit
- BBQ Pork Sandwich
- Roasted Sweet Potatoes
- Fresh Fruit

**Grab & Go Favorites**

- Chicken Parmesan Sandwich
- Cuban Sandwich
- Chicken Bacon Ranch Quesadilla
- Grilled Cheese
- Italian Sandwich
- Greek Salad with Chicken
- Hummus with Veggies
- Chicken nuggets with Garden salad
- Cowboy Bread
- Granola Bar
- Sunshine Bread
- Pasta Salad
- Hot roll
- Pita Bread
- Black Bean Salad
- Kale Salad
- Carrot Apple Raisin Salad
- Broccoli Salad
- Italian Tomato Salad
- Garden salad
- Red white and Blue salad
- Fruit Salad
- Banana
- Apple
- Fresh cut fruit
- Orange

**COOKINGforKIDS.ok.gov**
Choose a Meat & Grain

- Low-fat Yogurt
- String Cheese
- Sunflower or Nut Butter
- Granola
- Homemade Biscuit
- Blueberry Muffin

Choose a Fruit

- Red, White, and Blue Salad
- Pineapple Fruit Salad
- Apple Slices
Choose a Meat & Grain

- Cuban Sandwich
- Lo Mein with Chicken
- Parmesan Chicken Sandwich
- Chicken Bacon Ranch Quesadilla
- Korean BBQ Chicken
- Cajun Chicken Sandwich

Choose a Fruit and/or Vegetable

- Ratatouille
- Pineapple Fruit Salad
- Veggie