



# MENU

| Week 1           | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|------------------|--|--|--|--|--|
| <b>BREAKFAST</b> | French Toast<br>Sticks<br>Apple Slices<br>Peanut Butter<br>Milk  | Turkey Sausage<br>Eggs<br>Toast<br>Orange juice      | Biscuits with Jam<br>Bacon<br>Berries<br>Milk                                | Cinna Rolls<br>Eggs<br>Milk                          | Oatmeal,<br>Sliced bananas<br>Toast<br>Milk                    |
| <b>AM SNACK</b>  | Cheese Sticks<br>Water   | Cheerios<br>Water                                    | Pretzels<br>Water  | Graham Crackers<br>Water                             | Granola Bar<br>Water   |
| <b>LUNCH</b>     | Pasta with,<br>marinara<br>Garlic bread<br>Garden Salad<br>Milk  | Baked Chicken<br>Mixed Veggies<br>Rice<br>Milk       | Turkey/Ham<br>homemade lunch<br>Ables<br>Veggie sticks<br>Applesauce<br>Milk | Fish Sticks<br>Tater tots<br>Green beans<br>Milk     | Pizza<br>Garden Salad<br>Sliced Grapes                         |
| <b>PM SNACK</b>  | Gold Fish<br>Water   | Sliced Oranges<br>Water                              | Popcom<br>Water  | Cheez-Its<br>Water                                   | Yogurt<br>Water  |
| Week 2           | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
| <b>BREAKFAST</b> | Cereal (Kix,<br>Cheerios)<br>Banana<br>Orange Juice              | Bagel<br>Yogurt<br>Water                             | Whole Grain Waffle<br>Apple Slices<br>Milk                                   | Oatmeal<br>Berries<br>Milk                           | English Muffin<br>Turkey Sausage<br>Grape Juice                |
| <b>AM SNACK</b>  | Animal Crackers<br>Water   | Animal Crackers<br>Milk                              | Sun Butter/Jelly<br>Cube sandwiches<br>Water                                 | Ranch and<br>Cucumbers<br>Water                      | Ants on a Log<br>Water   |
| <b>LUNCH</b>     | Cheese<br>Quesadillas<br>Rice<br>Corn                            | Sandwiches<br>Chips<br>Celery sticks<br>Water        | Turkey Sloppy Joes<br>Peas<br>Milk   | BBQ Chicken<br>Broccoli<br>Sliced Cantaloupe<br>Milk | Macaroni and cheese<br>Green Beans<br>Watermelon cubes<br>Milk |
| <b>PM SNACK</b>  | Low fat Ice<br>Cream   | Graham Crackers<br>Milk                              | 100% Fruit Snacks<br>Water   | Cheese Sticks<br>Water                               | Veggie Chips<br>Water  |
| Week 3           | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
| <b>BREAKFAST</b> | French toast sticks<br>Eggs<br>Orange Juice                      | Cereal (corn<br>flakes)<br>Bananas<br>Milk           | Bagel and Cream<br>Cheese<br>Strawberries<br>Milk                            | Pancakes and<br>compote<br>Peaches<br>Milk           | Cereal(Kix, Cheerios)<br>Pineapple<br>Milk                     |
| <b>AM SNACK</b>  | Cheerios<br>Water  | Sun Butter and<br>Jelly sandwich<br>cubes<br>Water   | Applesauce<br>Water  | Granola Bar<br>Water                                 | Cheese Stick<br>Water  |
| <b>LUNCH</b>     | Spaghetti and<br>Meatballs<br>Green Beans<br>Applesauce<br>Water | Grilled Cheese<br>Tomato Soup<br>100% Apple<br>Juice | Backed Chicken<br>Broccoli<br>Rice<br>Milk                                   | Pizza<br>Garden Salad<br>Milk                        | Alfredo Chicken<br>Garlic Bread<br>Broccoli<br>Milk            |
| <b>PM SNACK</b>  | Chocolate Chip<br>Cookies<br>Milk                                | Cheese Crackers<br>Milk                              | Veggie Sticks<br>Water   | Pretzels<br>Water                                    | Granola Bar<br>Water   |