



## Café Menu

### Sample

<u>Monday</u>	
<b>Breakfast</b>	French Toast, Fresh Fruit and Milk
<b>Morning Snack</b>	Whole Grain Crackers with Cheese and Water
<b>Lunch</b>	Cream of Chicken Rice, Green Beans, Apples and Milk
<b>Vegetarian</b>	Cream of Rice, Green Beans, Apples and Milk
<b>Afternoon Snack</b>	Fig Cookies and Milk

<u>Tuesday</u>	
<b>Breakfast</b>	Assorted Cereals, Fresh Fruit and Milk
<b>Morning Snack</b>	Vanilla Yogurt with Crackers and Water
<b>Lunch</b>	Chicken Nuggets, Tater Tots, Peaches and Milk
<b>Vegetarian</b>	Veggie Nuggets, Tater Tots, Peaches and Milk
<b>Afternoon Snack</b>	Tortillas Chips, Salsa with Cheese and Water

<u>Wednesday</u>	
<b>Breakfast</b>	Waffles, Fresh Fruit and Milk
<b>Morning Snack</b>	Bananas, Vanilla Wafers, and Water
<b>Lunch</b>	Macaroni and Cheese, Peas, Oranges and Milk
<b>Vegetarian</b>	Macaroni and Cheese, Peas, Oranges and Milk
<b>Afternoon Snack</b>	Berries with Yogurt and water

<u>Thursday</u>	
<b>Breakfast</b>	Pancakes, Fresh Fruit and Milk
<b>Morning Snack</b>	Honey Graham Crackers and Milk
<b>Lunch</b>	Cheese Quesadillas, Corn, Pineapple and Milk
<b>Vegetarian</b>	Cheese Quesadillas, Corn, Pineapple and Milk
<b>Afternoon Snack</b>	Cantaloupe and Saltine Crackers and Water

<u>Friday</u>	
<b>Breakfast</b>	Assorted Cereals, Fruit and Milk
<b>Morning Snack</b>	Fresh Apples, Crackers and Water
<b>Lunch</b>	Cheese Pizza, Salad with Ranch, Mixed Fruit and Milk
<b>Vegetarian</b>	Cheese Pizza, Salad with Ranch, Mixed Fruit and Milk
<b>Afternoon Snack</b>	Oatmeal Cookies and Milk

**All water served is filtered.**