

Monday	Tuesday	Wednesday	Thursday	Friday
1 Breakfast: Cheerios, apples & milk Lunch: Chicken nuggets, mashed potatoes, mixed fruit & milk Snack: Goldfish & apple juice	2 Breakfast: Waffles, oranges & milk Lunch: Mac & Cheese, peaches, broccoli & milk Snack: Cheese cubes & crackers	3 Breakfast: Bagels with cream cheese, bananas & milk Lunch: Beef with rice, mandarin oranges, green beans & milk Snack: Yogurt & graham crackers	4 Breakfast: French toast sticks, apples & milk Lunch: Pizza quesadillas, pears, peas & carrots & milk Snack: Cheese sticks & crackers	5 Breakfast: Cheese toast, bananas & milk Lunch: Meatballs with rice, mixed fruit, mixed vegetables & milk Snack: Cheez-its & apple juice
8 Breakfast: Chex, oranges & milk Lunch: Chicken nuggets, mashed potatoes, mixed fruit & milk Snack: Goldfish & apple juice	9 Breakfast: Waffles, apples & milk Lunch: Chicken with rice, peaches, broccoli & milk Snack: Cheese cubes & crackers	10 Breakfast: Bagels with cream cheese, bananas & milk Lunch: Beef spaghetti, mandarin oranges, green beans & milk Snack: Yogurt & graham crackers	11 Breakfast: French toast sticks, oranges & milk Lunch: Pizza quesadillas, pears, peas & carrots & milk Snack: Cheese sticks & crackers	12 Breakfast: Cheese toast, bananas & milk Lunch: Meatballs with rice, mixed fruit, mixed vegetables & milk Snack: Cheez-its & apple juice
15 Breakfast: Cheerios, apples & milk Lunch: Chicken nuggets, mashed potatoes, mixed fruit & milk Snack: Goldfish & apple juice	16 Breakfast: Waffles, oranges & milk Lunch: Mac & Cheese, peaches, broccoli & milk Snack: Cheese cubes & crackers	17 Breakfast: Bagels with cream cheese, bananas & milk Lunch: Beef with rice, mandarin oranges, green beans & milk Snack: Yogurt & graham crackers	18 Breakfast: French toast sticks, apples & milk Lunch: Pizza quesadillas, pears, peas & carrots & milk Snack: Cheese sticks & crackers	19 Breakfast: Cheese toast, bananas & milk Lunch: Meatballs with rice, mixed fruit, mixed vegetables & milk Snack: Cheez-its & apple juice
22 Breakfast: Chex, oranges & milk Lunch: Chicken nuggets, mashed potatoes, mixed fruit & milk Snack: Goldfish & apple juice	23 Breakfast: Waffles, apples & milk Lunch: Chicken with rice, peaches, broccoli & milk Snack: Cheese cubes & crackers	24 Breakfast: Bagels with cream cheese, bananas & milk Lunch: Beef spaghetti, mandarin oranges, green beans & milk Snack: Yogurt & graham crackers	25 Breakfast: French toast sticks, oranges & milk Lunch: Pizza quesadillas, pears, peas & carrots & milk Snack: Cheese sticks & crackers	26 Breakfast: Cheese toast, bananas & milk Lunch: Meatballs with rice, mixed fruit, mixed vegetables & milk Snack: Cheez-its & apple juice
29 Breakfast: Cheerios, apples & milk Lunch: Chicken nuggets, mashed potatoes, mixed fruit & milk Snack: Goldfish & apple juice	30 Breakfast: Waffles, oranges & milk Lunch: Mac & Cheese, peaches, broccoli & milk Snack: Cheese cubes & crackers			