

| Week 1            | 1  | 2   | 3   | 4  | 5   |
|-------------------|--|---|---|--|---|
| Snack AM          | Oatmeal  | Pancakes/Waffles                              | Sausage and Biscuits                                | Fruit Muffins                                    | Fruit and Grain Bars                            |
| Lunch             | Fish Sticks<br>Peas<br>Fruit                     | Chicken Nuggets<br>Tater Tots<br>Fruit        | Grilled Turkey and Cheese<br>Veggie Straws<br>Fruit | Steak Fingers<br>Broccoli and Cheese<br>Fruit    | Chicken Taco Salad<br>Fruit                     |
| <i>Vegetarian</i> | <i>Veggie Fish Filets</i>                        | <i>Veggie Nuggets</i>                         | <i>Grilled Cheese</i>                               | <i>Veggie Corn Dog</i>                           | <i>Meatless Strips</i>                          |
| Snack PM          | Pudding and Wafers                               | Gold Fish and Fruit                           | Oatmeal Cookies/Raisins                             | Graham Crackers and Applesauce                   | Fig Bars and Yogurt                             |
| Week 2            | 8  | 9   | 10  | 1  | 12  |
| Snack AM          | Cheerios and Bananas                             | Bagels and Cream Cheese                       | French Toast  | Butter Toast                                     | Cereal  |
| Lunch             | Sausage<br>Breakfast Potatoes<br>Fruit           | Macaroni and Cheese<br>Mixed Veggies<br>Fruit | Chicken Fried Chicken<br>Mashed Potatoes<br>Fruit   | Corn Dogs<br>French Fries<br>Fruit               | Cheese Pizza<br>Green Beans<br>Fruit            |
| <i>Vegetarian</i> | <i>Veggie Sausage</i>                            | <i>N/A</i>                                    | <i>Veggie Patty</i>                                 | <i>Veggie Corn Dog</i>                           | <i>N/A</i>                                      |
| Snack PM          | Pretzels and String Cheese                       | Chips and Salsa                               | Gold Fish and Fruit                                 | Fruit Snacks and Graham Crackers                 | Trail Mix                                       |
| Week 3            | 15   | 16  | 17  | 18   | 19  |
| Snack AM          | Biscuits and Gravy                               | Croissants w/Jelly                            | Hash Browns and Sausage                             | Pancakes/Waffles                                 | Bananas and Yogurt                              |
| Lunch             | Steak Fingers<br>Broccoli and Cheese<br>Fruit    | Chicken Alfredo<br>Peas<br>Fruit              | Fish Sticks<br>Mixed Veggies<br>Fruit               | Cheese Quesadillas<br>Green Beans<br>Fruit       | Chicken Sandwich<br>Salad w/Ranch<br>Fruit      |
| <i>Vegetarian</i> | <i>Veggie Nuggets</i>                            | <i>Meatless Strips</i>                        | <i>Veggie Patty</i>                                 | <i>N/A</i>                                       | <i>Veggie Patty</i>                             |
| Snack PM          | Fig Bars and Yogurt                              | Pop Tarts w/Fruit                             | Chips w/Salsa                                       | Graham Crackers and Applesauce                   | Animal Crackers w/Fruit                         |
| Week 4            | 22   | 23  | 24  | 25   | 26  |
| Snack AM          | Cheerios and Bananas                             | English Muffins w/Jelly                       | Pancakes/Waffles                                    | Bagels and Cream Cheese                          | Cereal  |
| Lunch             | Cheese Burgers<br>Smile Fries<br>Fruit           | Swedish Meatballs<br>Peas<br>Fruit            | Taquitos<br>Refried Beans<br>Fruit                  | Spaghetti and Meat Sauce<br>Green Beans<br>Fruit | Lunchables<br>Veggie Straws<br>Fruit            |
| <i>Vegetarian</i> | <i>Veggie Burger</i>                             | <i>Meatless Meatballs</i>                     | <i>Veggie Taquito Bites</i>                         | <i>Meat Crumbles</i>                             | <i>Cheese Roll-Ups</i>                          |
| Snack PM          | Pretzels and String Cheese                       | Cheese Its & Fruit                            | Cheese and Crackers                                 | Sandwich Cream Cookies                           | Chex Mix  |
| Week 5            | 29   | 30  | 1   | 2  | 3   |
| Snack AM          | Fruit and Grain Bars                             | Eggs and Sausage                              | Oatmeal   | French Toast                                     | Cheerios and Bananas                            |
| Lunch             | Chicken/Rice Casserole<br>Mixed Veggies<br>Fruit | Grilled Cheese<br>Tomato Soup<br>Fruit        | Macaroni and Cheese<br>Peas and Carrots<br>Fruit    | Cheese Pizza<br>Green Beans<br>Fruit             | Bean and Cheese Tacos<br>Salad w Ranch<br>Fruit |
| <i>Vegetarian</i> | <i>Meatless Strips</i>                           | <i>N/A</i>                                    | <i>N/A</i>  | <i>N/A</i>                                       | <i>N/A</i>                                      |
| Snack PM          | S'mores Trail Mix                                | Graham Crackers & Applesauce                  | Jello and Fruit                                     | Chips and Dip                                    | Fig Bars and Yogurt                             |

100% Juice Served with AM Snack \*\* Milk with Lunch \*\* Water with PM Snack