



MENU

Week 1					
	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Breakfast	Cereal and Mixed Fruit	Pancakes , Turkey Sausage,	Yogurt and Granola	Bagels with Cream Cheese, Banana	Biscuits with jelly, Mixed fruit
Lunch	Meatballs, Rice, Green Beans and Mixed Fruit, Veggie Patty	Bean and Cheese burrito, salad, pineapples	Spaghetti, Broccoli and mandarin oranges, spaghetti with marinara sauce	Breakfast for lunch Pancakes, eggs, fresh orange slices	Pizza, salad, pears
Afternoon Snack	Carrot Sticks with ranch	Chex Mix, juice	Ritz crackers, cheese slices	Animal crackers, apple juice	Spice cake, milk

Week 2					
	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Breakfast	Cheese and egg burrito, pineapple	English Muffins with jelly, mixed fruit	French toast sticks, applesauce	Cereal, pears	Blueberry muffins
Lunch	Mini corn dogs, green beans, mixed fruit, Veggie strips	Burgers, French fries, pineapples, Veggie patty	Grilled Cheese sandwich, baked beans, mixed fruit	Steak fingers, mashed potatoes, pineapples, peas, Veggie strips	Quesadillas, beans, rice and mandarin oranges
Afternoon Snack	Goldfish	Vanilla Yogurt, gram crackers	Apple slices	Saltine Crackers, string cheese	Chocolate chip cookies

Week 3					
	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Breakfast	English muffins, turkey sausage, fruit medley	Toast with jelly, pineapple	Cereal and banana	Egg and cheese burrito, peaches	Oatmeal , turkey bacon, mixed fruit
Lunch	Chicken nuggets, Mashed potatoes, mixed fruit, Veggie strips	Taco salad, oranges	Hot Dogs, French fries, mixed fruit, grilled cheese sandwich	Turkey wrap, broccoli, and orange slices, cheese wrap	Breakfast for lunch Pancakes, eggs, bananas
Afternoon Snack	Trail mix, juice	Carrot sticks with ranch	Ritz crackers, cheese slices	Pretzels	Rice Krispy treats

Week 4					
	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Breakfast	Cereal and mixed Fruit	Egg , turkey sausage, peaches	English muffins with jelly, diced pears	Bagels with Cream Cheese, Banana	Pancakes, pineapple
Lunch	Turkey sandwiches, chips, mixed fruit, grilled cheese sandwich	Bean and Cheese burrito, salad, pineapples	Spaghetti, Broccoli and mandarin oranges, spaghetti with marinara sauce	Baked mac & cheese w/ ground turkey, peas, peaches	Pizza, salad, pears
Afternoon Snack	Vanilla wafers	Pretzels, string cheese	Apple slices	Goldfish	Chocolate chip cookies

* Vegetarian option in bold