

Week 1	28	29	30	1	2
Breakfast				Waffles and Apple Sauce	Waffles and Applesauce
Lunch				Chicken Nuggets, Mashed Potatoes, Whole Grain Bread and mixed fruit	Cheese Pizza, Green Beans and Oranges
Snack PM				Graham Crackers & Oranges	Crackers and Cheese Sticks
Dinner				Homemade Chicken Salad Sandwich Peaches, baby Carrots	Cheese Quesadillas, Mixed Vegetables and Apple Sauce
Week 2	5	6	7	8	9
Breakfast	Whole Grain Cereal, Apples	Pancakes, Turkey sausage and Oranges	Whole Grain Cereal, Bananas	Waffles and Apple Sauce	Whole Grain Cereal, Bananas
Lunch	Whole Grain Mac and cheese, mixed veggies and Pears	Meatballs, Mashed potatoes, Sliced Bread, and Apples	Buttered Garlic Noodles, Mixed Veggies, & Oranges	Grilled Cheese sandwich, Tomato Soup and Oranges	Chicken Nuggets, French Fries, Whole Grain Bread and Pears
Snack PM	Animal Crackers with Apple Slices	Whole Grain Goldfish with Apple Juice	Graham Crackers and Apple Juice	Crackers w/ Cheese Stick	Animal Crackers and Yogurt
Dinner	Chicken Nuggets, Broccoli, and Peaches	Grilled Cheese, Oranges and Broccoli	Homemade Turkey and Cheese Lunchables, crackers, carrots and Peaches	Homemade Chicken Salad, Club Crackers Apple Slices, Cucumbers	Cheese Quesadillas, Mixed Vegetables and Apple Sauce
Week 3	12	13	14	15	16
Breakfast	NO SCHOOL	Pancakes, Turkey sausage and Apple Sauce	Whole Grain Cereal, Bananas	Waffles and Apple Sauce	Whole Grain Cereal, Bananas
Lunch		Turkey & Cheese Wraps with Cucumbers, Oranges	Tater Tot casserole, Dinner Roll, and Berries	Chicken Alfredo, Green Beans and Oranges	Fish Sticks, Mac and cheese, peas and Fresh Fruit
Snack PM		Whole Grain Goldfish and 100% Juice	Graham Cracker and Apple juice	Greek Yogurt and animal crackers	Blueberry Muffin and Fresh Fruit
Dinner		Grilled Cheese, Oranges and Broccoli	Homemade Turkey and Cheese Lunchables, crackers, carrots and Peaches	Homemade Chicken Salad, Club Crackers Apple Slices, Cucumbers	Cheese Quesadillas, Mixed Vegetables and Fresh Fruit
Week 4	19	20	21	22	23
Breakfast	Whole Grain Cereal, Apple Sauce	Pancakes, Turkey sausage and Apple	Whole Grain Cereal, Bananas	Waffles and Apple Sauce	Whole Grain Cereal, Bananas
Lunch	Buttered Garlic Noodles, Mixed Veggies, & Oranges	Spaghetti with Meatballs, Whole Grain Bread, Green Beans and Peaches	Turkey & Cheese Sliders, broccoli, & Berries	Grilled Cheese, Tomato soup and Oranges	Chicken Nuggets, Mashed Potatoes, Dinner Rolls and Berries
Snack PM	Corn Tortilla Chips w/ Nacho Cheese	Animal Crackers and Apple Juice	Cheez Crackers and 100% Juice	Crackers w/ Cheese Sticks	Whole Grain Goldfish and 100% Juice
Dinner	Chicken Nuggets, Broccoli, and Peaches	Grilled Cheese, Oranges and Broccoli	Homemade Turkey and Cheese Lunchables, crackers, carrots and Berries	Homemade Chicken Salad, Club Crackers Apple Slices, Cucumbers	Cheese Quesadillas, Mixed Vegetables and Apples
Week 5	26	27	28	29	30
Breakfast	Whole Grain Cereal, sliced Apples	Pancakes, Turkey sausage and Oranges	Whole Grain Cereal, Bananas	Waffles and Apple Sauce	Whole Grain Cereal, Bananas
Lunch	Fish Sticks, Mac and cheese, peas, and Fresh Fruit	Buttered Garlic Noodles, Mixed Veggies, & Oranges	Mac and Cheese, carrots and Berries	Turkey & Cheese Sliders, broccoli, & Berries	Cheese Pizza, Mixed Veggies and Oranges
Snack PM	Whole Grain Goldfish and 100% Juice	Greek Yogurt with Apple Slices	Graham Crackers and bananas	Cheez Crackers and 100% Juice	Whole Wheat Crackers and Cheese Sticks
Dinner	Chicken Nuggets, Broccoli, and Peaches	Grilled Cheese, Oranges and Broccoli	Homemade Turkey and Cheese Lunchables, crackers, carrots and Berries	Homemade Chicken Salad, Club Crackers Apple Slices, Cucumbers	Cheese Quesadillas, Mixed Vegetables and Apples