



| Week 1    | Monday                                                 | Tuesday                                                  | Wednesday                                         | Thursday                                         | Friday                                                 |
|-----------|--------------------------------------------------------|----------------------------------------------------------|---------------------------------------------------|--------------------------------------------------|--------------------------------------------------------|
| Breakfast | Homestyle Waffles w/ Eggs                              | Cereal (gr) & Milk                                       | Buttermilk Pancakes & Eggs                        | Morning Muffins w/ fruit Eggs (gr)               | Whole Wheat Toast(gr)w/ Eggs                           |
| Lunch     | Chicken Nuggets & French Fries w. mixed veggies        | Breakfast for lunch French toast w eggs and fruit        | Chicken w/Penne(gr) & Vegetable medley& Cheese    | Popcorn Chicken, Mashed potatoes, Peas & Ketchup | Macaroni(gr) Wheat Pasta & cheese w/ Nuggets           |
| Snack PM  | String Cheese & Ritz                                   | Apple Sauce & Pretzels                                   | Goldfish & Apple Slices                           | Animal Crackers & Fruit                          | Graham crackers & Jelly                                |
| Week 2    | Monday                                                 | Tuesday                                                  | Wednesday                                         | Thursday                                         | Friday                                                 |
| Breakfast | Homestyle Waffles w/ Eggs                              | Cereal (gr) & Milk                                       | Buttermilk Pancakes & Eggs                        | Morning Muffins w/ fruit Eggs (gr)               | Whole Wheat Toast(gr)w/ Eggs                           |
| Lunch     | Turkey & cheese Sandwich(gr) w/Carrots &Ranch dressing | Fish Sticks & Tator tots w/ Mixed Veggies                | Lasagna Soup(gr) w/ Bread & Broccoli              | Chicken Patty sandwich and Tator tots & Veggies  | Grilled Cheese Sandwich(gr)w/ Tator Tots               |
| Snack PM  | Apple Sauce & Goldfish                                 | String cheese & Ritz                                     | Fresh fruit & Pretzels                            | Yogurt & Apple slices                            | String cheese & Saltines                               |
| Week 3    | Monday                                                 | Tuesday                                                  | Wednesday                                         | Thursday                                         | Friday                                                 |
| Breakfast | Homestyle Waffles w/ Eggs                              | Cereal (gr) & Milk                                       | Buttermilk Pancakes & Eggs                        | Morning Muffins w/ fruit Eggs (gr)               | Whole Wheat Toast(gr)w/ Eggs                           |
| Lunch     | Chicken Parm w red sauce w/Pasta(gr) & Veggies         | Chicken& Cheese Quesadilla & Yellow Rice w/Mixed Veggies | Sloppy joe and Veggies and fruit                  | Boneless chicken & Rice and Black beans          | Turkey & cheese Sandwich(gr) w/Carrots &Ranch dressing |
| Snack PM  | Graham Crackers & Jelly                                | Apple Sauce &Goldfish                                    | Fruit & Pretzels                                  | Animal sauce & Ritz                              | Chex-mix & Apple Sauce                                 |
| Week 4    | Monday                                                 | Tuesday                                                  | Wednesday                                         | Thursday                                         | Friday                                                 |
| Breakfast | Homestyle Waffles w/ Eggs                              | Cereal (gr) & Milk                                       | Buttermilk Pancakes & Eggs                        | Morning Muffins w/ fruit Eggs (gr)               | Whole Wheat Toast(gr)w/ Eggs                           |
| Lunch     | Spaghetti & Mini Meatballs w/Salad                     | Pizza bagels & tator tots Veggies                        | Grilled Cheese Sandwich(gr)Tomato Soup Veggies    | Chicken Nuggets & French fries w/Corn            | Yellow rice w/ Chicken and Corn                        |
| Snack PM  | Cheese & Saltines                                      | Apple Sauce & Pretzels                                   | Yogurt & Navel oranges                            | Cheese itz & Fruit                               | String Cheese & goldfish                               |
| Week 5    | Monday                                                 | Tuesday                                                  | Wednesday                                         | Thursday                                         | Friday                                                 |
| Breakfast | Homestyle Waffles w/ Eggs                              | Cereal (gr) & Milk                                       | Buttermilk Pancakes & Eggs                        | Morning Muffins w/ fruit Eggs (gr)               | Whole Wheat Toast(gr)w/ Eggs                           |
| Lunch     | Baked Turkey Ziti(gr) & Broccoli                       | Mini Chicken Tacos & Rice with Black Beans               | Butter egg noodles with chicken nuggets & Veggies | Hamburger & Fries w/ Broccoli                    | Fish sticks w/Mashed potatoes and corn                 |
| Snack PM  | Cheese & Saltines                                      | String Cheese & Pretzels                                 | Apple Sauce & Pretzels                            | Watermelon                                       | Animal sauce & Ritz                                    |

**All meals served with Milk & Fruit**



| Week 6    | Monday                                                  | Tuesday                                                    | Wednesday                                       | Thursday                                                | Friday                                           |
|-----------|---------------------------------------------------------|------------------------------------------------------------|-------------------------------------------------|---------------------------------------------------------|--------------------------------------------------|
| Breakfast | Homestyle Waffles & eggs                                | Cereal (gr) & Milk                                         | Buttermilk Pancakes & Eggs                      | Morning Muffins w/ fruit Eggs (gr)                      | Whole Wheat Toast(gr)w/ Eggs                     |
| Lunch     | Chicken Nuggets & French Fries w. mixed veggies         | Mini Meatballs Subs & Corn w/Salad & Ranch dressing        | Chicken Teriyaki Stir fry & White Rice          | Turkey Chili Mac & Green Beans w/cornbread              | Chicken w/Penne(gr) & Broccoli & Cheese          |
| Snack PM  | String Cheese & Ritz                                    | Apple Sauce & Pretzels                                     | Goldfish & Apple Slices                         | Animal Crackers & Fruit                                 | Graham crackers & Jelly                          |
| Week 7    | Monday                                                  | Tuesday                                                    | Wednesday                                       | Thursday                                                | Friday                                           |
| Breakfast | Homestyle Waffles & Eggs                                | Cereal (gr) & Milk                                         | Buttermilk Pancakes & Eggs                      | Morning Muffins w/ fruit Eggs (gr)                      | Whole Wheat Toast(gr)w/ Eggs                     |
| Lunch     | Turkey & cheese Sandwich(gr) w/Carrots & Ranch dressing | Pizza bagel bites with tator tots veggies & Fruit          | Lasagna Soup(gr) w/ Turkey Meat & Broccoli      | Chicken Nuggets & potatoes w/Corn                       | Fish Sticks & Tator tots w/ Mixed Veggies        |
| Snack PM  | Apple Sauce & Goldfish                                  | String cheese & Ritz                                       | Fresh fruit & Pretzels                          | Yogurt & Apple slices                                   | String cheese & Saltines                         |
| Week 8    | Monday                                                  | Tuesday                                                    | Wednesday                                       | Thursday                                                | Friday                                           |
| Breakfast | Homestyle Waffles & Eggs                                | Cereal (gr) & Milk                                         | Buttermilk Pancakes & eggs                      | Morning Muffins w/ fruit Eggs (gr)                      | Whole Wheat Toast(gr)w/ Eggs                     |
| Lunch     | Chicken Parm w/Pasta(gr) & Veggies                      | Cheese & Chicken Quesadilla & French Fries w/Mixed Veggies | Macaroni(gr) Wheat Pasta & cheese w/ Nuggets    | Spaghetti & Meat sauce w Veggies                        | Popcorn Chicken, Mashed potatoes, Peas & Ketchup |
| Snack PM  | Graham Crackers & Jelly                                 | Apple Sauce & Goldfish                                     | Fruit & Pretzels                                | Animal sauce & Ritz                                     | Chex-mix & Apple Sauce                           |
| Week 9    | Monday                                                  | Tuesday                                                    | Wednesday                                       | Thursday                                                | Friday                                           |
| Breakfast | Homestyle Waffles & eggs                                | Cereal (gr) & Milk                                         | Buttermilk Pancakes & eggs                      | Morning Muffins w/ fruit Eggs (gr)                      | Whole Wheat Toast(gr)w/ Eggs                     |
| Lunch     | Chicken Alfredo w/Pasta(gr) and Mixed Veggies           | Chicken Patty sandwich and Tator tots & Veggies            | Grilled Cheese Sandwich(gr) Tomato Soup Veggies | Pasta Marinara & Broccoli Garlic Bread                  | Chicken Nuggets & French Fries w. mixed veggies  |
| Snack PM  | Cheese & Saltines                                       | Apple Sauce & Pretzels                                     | Yogurt & Navel oranges                          | Cheese itz & Fruit                                      | String Cheese & goldfish                         |
| Week 10   | Monday                                                  | Tuesday                                                    | Wednesday                                       | Thursday                                                | Friday                                           |
| Breakfast | Homestyle Waffles & Eggs                                | Cereal (gr) & Milk                                         | Buttermilk Pancakes & eggs                      | Morning Muffins w/ fruit Eggs (gr)                      | Whole Wheat Toast(gr)w/ Eggs                     |
| Lunch     | Mashed potatoes & Meatballs w/Red sauce                 | Breakfast for lunch French toast w eggs and fruit          | Mini Chicken Tacos & Rice with Black Beans      | Turkey & cheese Sandwich(gr) w/Carrots & Ranch dressing | Fish Sticks & Tator tots w/ Mixed Veggies        |
| Snack PM  | Cheese & Saltines                                       | String Cheese & Pretzels                                   | Fruit & Pretzels                                | Apple Sauce & Goldfish                                  | String Cheese & Ritz                             |

**All meals served with Milk & Fruit**  
**Vegetarian options grilled cheese or pasta Daily**