

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast: Turkey Sausage, Biscuits, fruit, milk

AM Snack: Orange slices, Graham crackers, water

Lunch: chicken meatballs, penne pasta w/red sauce, fruit, milk
Veg alter: meat less veggie balls

PM Snack: crackers w/Orange vegan jelly Spread, water

Breakfast: English Muffins, fruit, milk

AM Snack: Graham crackers, water

Lunch: cheese ravioli w/marinara sauce, fruit, milk

PM Snack: Pretzels, Fruit, water

Breakfast-waffles, fruit, milk

AM Snack-Yogurt, granola, water

Lunch- Tortilla, Fish sticks, red beans, corn, fruit, milk

PM Snack- rice cakes, mixed fruit cup, water

Breakfast- Egg patty, hashbrowns, fruit, milk

AM Snack- cantalope, crackers, water

Lunch-Spaghetti w/ marinara sauce, broccoli, fruit, garlic bread, milk

PM Snack- pretzel twists, cheese sticks, water

Breakfast- Chocolate chip pancakes, fruit, milk

AM Snack- Tortilla chips, salsa, water **toddler alter:** crackers w/ sunbutter

Lunch- cheese pizza, mixed veggies, fruit, milk

PM Snack- yogurt, crackers, water

Breakfast- turkey sausage, Egg, fruit, milk

AM Snack- Fresh Mango, crackers, water

Lunch- chicken meatballs, pene pasta, red sauce, veggies, fruit, milk **Vegetarian alter:** Meatless meatballs

PM Snack- Cheerio bars, bananas, water

Breakfast-French toast sticks, fruit, milk

AM Snack- veggie straws, mandarin oranges, water

Lunch- grilled chicken slices, mac n cheese, broccoli, fruit, milk **Vegetarian alter:** Veggie patty

PM Snack- apple slices, goldfish, water

Breakfast- cereal, fruit, milk

AM Snack- Watermelon, crackers, water

Lunch- Chicken nuggets, curly fries, fruit, veggies, milk

Vegetarian alter: Veggie nuggets

PM Snack- pudding, graham crackers, water

Breakfast- bagels, cream cheese, fruit, milk

AM Snack- cereal bars, apple juice

Lunch- Spaghetti w/ marinara sauce, mixed veggies, fruit, milk, garlic bread

PM Snack- sliced melon, Ritz crackers, water

Breakfast- Chocolate chip pancakes, fruit, milk

AM Snack-fresh blueberries, goldfish, water

Lunch- Cheese pizza, steamed carrots, fruit, milk

PM Snack- tortilla chips, salsa, water **toddler alter:** applesauce & crackers

Breakfast- Scramble egg, toast, fruit, milk

AM Snack- pears & pretzel twists, water

Lunch- Fish sticks, Rice, mixed veggies, fruit, milk

Vegetarian alter: Veggie patty

PM Snack-raisins, crackers, water **toddler alter:** fruit cup & crackers

Breakfast-egg patty hashbrowns, fruit, milk

AM Snack- muffins & fruit, water

Lunch-Chicken Fajita Taco,Dice Tomatoes, fruit, milk

Vegetarian alter:Beans and rice Taco

PM Snack- Fig newtons, bananas, water

Breakfast- cereal, fruit, milk

AM Snack- Cheese sticks, pretzel twists, water

Lunch- Cheese Quesadilla, beans, shredded lettuce & diced tomatoes, fruit, milk

PM Snack- mandarin oranges, crackers, water

Breakfast- french Toast, fruit, milk

AM Snack- Yogurt, granola, water

Lunch- Rice, sliced chicken, mixed veggies, fruit, milk

Vegetarian alter: Veggie patty

PM Snack- fresh berries, crackers, water

Breakfast- Chocolate chip pancakes, fruit, milk

AM Snack- Mango,crackers, water

Lunch- Cheese Pizza, steamed peas & carrots, fruit, milk

PM Snack- sliced apples, crackers, water

Breakfast- Waffle, Egg patty, fruit, milk

AM Snack- fresh berries, pretzels, water

Lunch- chicken n rice, mixed veggies, fruit, milk

Veg alter: beans n rice

PM Snack- bananas, crackers, water

Breakfast- blueberry muffins, fruit, milk

AM Snack- goldfish & orange slices, water

Lunch- Cheese tortellini w/ marinara, steamed broccoli, fruit, milk

PM Snack-cereal bars, apple slices, water

Breakfast- English muffins, Jelly, bananas, water

AM Snack- orange slices, crackers, water

Lunch- Cheese Quesadilla, rice w/ peas & carrots, fruit, milk

PM Snack- pita chips, hummus, water **toddler alter:** apple sauce & crackers

Breakfast- cereal, fruit, milk

AM Snack- yogurt, granola, water

Lunch- Chicken Sandwich, Juice, Fruits, Chips,

Vegetarian alter: Veggie Sandwich

PM Snack- animal crackers, apple juice

Breakfast- Chocolate Chip pancakes, fruit, milk

AM Snack-fresh melon, graham crackers, water

Lunch- Cheese Pizza, Mixed veggies, fruit, milk

PM Snack- mandarin oranges, veggie straws, water

Breakfast- Turkey sausage, biscuits, fruit, milk

AM Snack- orange slices, graham crackers, water

Lunch- chicken meatballs, pene pasta, red sauce, veggies, fruit, milk

Veg alter: Meatless meatballs

PM Snack Watermelon, crackers, water

Breakfast- English muffins, fruit spread, pears, milk

AM Snack- graham crackers, yogurt, water

Lunch- Cheese Ravioli w/ marinara sauce, Grilled Chicken,Mixed vegetables, fruit, milk

PM Snack- fruit, pretzels, water

Breakfast- cereal, fruit, milk

AM Snack- crackers & applesauce, water

Lunch- Chicken Nuggets, fries, fruit, veggies, milk **veg alter:** Veggie nuggets

PM Snack- fig newtons, bananas, water

Breakfast-egg patty hashbrowns, fruit, milk

AM Snack- Apple Slices,Crackers, water

Lunch-Fish Tenders,Mac & Cheese, fruits,vegetables milk

Vegetarian alter:Veggie Nuggets

PM Snack- Popcorn, Yogurt,water

Breakfast- Chocolate Chip pancakes, fruit, milk

AM Snack-Chips,Salsa, water

Lunch- Cheese Pizza, Mixed veggies, fruit, milk

PM Snack- yogurt,Sunchips water