

Monday	Tuesday	Wednesday	Thursday	Friday
3 Breakfast-Waffles, fruit, milk AM Snack-Yogurt, crackers, water Lunch-Chicken meatballs, curly fries, veggies, fruit, milk VEG. Alter-Tomato rice PM Snack-Apple slices, popcorn, water	4 Breakfast-Egg patty, hashbrowns, fruit, milk AM Snack-Granola bars, bananas, water Lunch-Fish sticks, rice, fruit, veggies, milk VEG. Alter-Beans PM Snack-Hummus, pitta chips, water	5 Breakfast-Cereal, fruit, milk AM Snack-Cheese, crackers, fruit, water Lunch-Penne pasta w/red sauce, garlic bread, fruit, veggies, milk PM Snack-Pudding, tortilla chips, water	6 Breakfast-French toast sticks, fruit, milk AM Snack-Chips, apple sauce, water Lunch-Chicken nuggets, French fries, fruit, milk VEG. Alter-Veggie nuggets PM Snack-Pretzels, fruit cup, water	7 Breakfast-Chocolate chip pancakes, fruit, milk AM Snack-Crackers, Mango, water Lunch-Cheese pizza, mixed veggies, fruit, milk PM Snack-Tortilla chips, salsa, water
10 Breakfast-Waffles, fruit, milk AM Snack-Gold fish, pears, water Lunch-Spaghetti w/red sauce, garlic bread, veggies, fruit, milk PM Snack-Fig newtons, bananas, water	11 Breakfast-Blueberry muffins, fruit, milk AM Snack-Yogurt, granola, water Lunch-Red beans, cheese quesadilla, veggies, fruit, milk PM Snack-Animal crackers, Apple juice, water	12 Breakfast-Cereal bars, fruit, milk AM Snack-Popcorn, fruit cup, water Lunch- Chicken nuggets, curly fries, fruit, milk VEG. Alter-Veggie Nuggets PM Snack-Raisins crackers, water	13 Breakfast-Egg patty, hashbrowns, fruit, milk AM Snack-Cheese stick, pretzels, water Lunch- Mac and cheese, chicken, fruit, milk VEG. Alter-Grilled cheese Sandwich PM Snack-Fig newtons, bananas, water	14 Breakfast-Chocolate chip pancakes, fruit, milk AM Snack-Crackers, Watermelon, water Lunch-Cheese pizza, mixed veggies, fruit, milk PM Snack-Rice cakes, fruit cup, water
17 Breakfast-Turkey sausage, hashbrowns, fruit, milk AM Snack-Goldfish, cheesesticks, water Lunch-Cheese ravioli w/red sauce, diced chicken, veggies, fruit, milk VEG. Alter-Falafel, cheese ravioli PM Snack-Yogurt, graham crackers, water	18 Breakfast-French toast sticks, fruit, milk AM Snack-Popcorn, bananas, water Lunch-Rice&beans, chicken taco, veggies, fruit, milk VEG. Alter-Rice&beans taco PM Snack-Mandarin oranges, crackers, water	19 Breakfast-Blueberry muffins, fruit, milk AM Snack-Hummus, pitta chips, water Lunch-Chicken sandwich, veggies, fruit, milk VEG. Alter-Veggie sandwich PM Snack-Tortilla chips, salsa, water	20 Breakfast-Cereal, fruit, milk AM Snack-Pretzels, pudding, water Lunch-Spaghetti w/red sauce, garlic bread, fruit, veggies, milk PM Snack-Popcorn, fruit, water	21 Breakfast-Chocolate chip pancakes, fruit, milk AM Snack-Cheerio bars, pears, water Toddler Alter- Crackers Lunch-Cheese pizza, mixed veggies, fruit, milk PM Snack-Tortilla chips, salsa, water
24 Breakfast-English muffins, fruit, milk AM Snack-Crackers, fruit, water Lunch-Fish sticks, tartar toast, fruit, milk VEG. Alter-Tartar toast, veggie pasta PM Snack-Popcorn, apple slices, water	25 Breakfast-Biscuits w/jelly, fruit, milk AM Snack-Graham crackers, orange slices, water Lunch-Penne pasta w/red sauce, sliced chicken, fruit, veggies, milk VEG. Alter-Penne pasta w/red sauce PM Snack-Pretzels, Pears, water	26 Breakfast-Cereal, fruit, milk AM Snack-Crackers, mango, water Lunch-Chicken nuggets, curly fries veggies, fruit, milk VEG. Alter-Rice PM Snack-Pitta chips, hummus, water	27 Breakfast-Blueberry muffins, fruit, milk AM Snack-Goldfish, bananas, water Lunch-Beans&cheese quesadilla, veggies, fruit, milk PM Snack-Tortilla chips, salsa, water	28 Breakfast-Chocolate chip pancakes, fruit, milk AM Snack-Cheese stick, popcorn, water Lunch-Cheese pizza, mixed veggies, fruit, milk PM Snack-Yogurt, waffle, crackers, water
31 Breakfast-French toast, fruit, milk AM Snack-Apple sauce, crackers, water Lunch-Chicken nuggets, rice, corn, fruit, milk VEG. Alter-Rice and Veggie Lasagna PM Snack-Apple slices, popcorn, water				