Menu Rotation Schedule

WK 1	Breakfast	Lunch	Snack
MON	Pancakes Apples Milk or Water	Homemade Baked Ziti w/ Meat Sauce Spinach Salad Pears Milk or Water	Animal Crackers Pineapples Water
TUES	Whole Wheat English Muffin w/ Cheese Peaches Milk or Water	Chicken Nuggets Homemade Broccoli & Rice Casserole Mandarin Oranges Milk or Water	Cheese Itz 100% Juice Or Water
WED	Oatmeal Apples Milk or Water	Cheese Quesadillas Spanish Rice Pineapples Spinach Salad Milk or Water	Graham Crackers Applesauce Water
THUR	French Toast Oranges Milk or Water	Fish Sticks Mac & Cheese Green Beans Tropical Fruit Milk or Water	Chex Mix 100% Juice Or Water
FRI	Life Cereal Bananas Milk or Water	Chicken Alfredo Broccoli Peaches Milk or Water	Ritz Crackers w/ Cream Cheese Water

WK 2	Breakfast	Lunch	Snack
MON	Whole Wheat Toast w/ Jelly Fresh Oranges Milk or Water	Homemade Cheeseburger Mac Green Beans Mixed Fruit Milk or Water	Vanilla Waffles 100% Juice Or Water
TUES	Cheerios Sliced Bananas Milk or Water	Fish Sticks Sweet Peas Peaches Milk or Water	Pretzels Pineapples Water
WED	Fresh Toast Mandarin Oranges Milk or Water	Steak Fingers Mashed Potatoes Mixed Fruit Milk or Water	Animal Crackers Mandarin Oranges 100% Juice Or Water
THUR	Whole Grain Waffles Strawberries Milk or Water	Beef Ravioli Carrots Pears 1/2 Slice of Bread Milk or Water	Fresh ORanges Water
FRI	Fruit Smoothie Whole Wheat Toast Milk or Water	Turkey Corndogs Mixed Veggies Pineapples Milk or Water	Goldfish 100% Juice Or Water

WK 3	Breakfast	Lunch	Snack
MON	Pancakes Applesauce Milk or Water	Chicken Sandwich with Cheese Sweet Peas Mandarin Oranges Milk or Water	Pretzels w/ String Cheese Water
TUES	Oatmeal Apples Milk or Water	Mini Corndogs Cooked Carrots Applesauce Milk or Water	Chex Mix Applesauce Water
WED	French Toast Sticks Pineapples Milk or Water	Meatballs & Rice w/ Gravy Green Beans Pears Milk or Water	Homemade Blueberry Muffins Water
THUR	English Muffins with Jelly Applesauce Milk or Water	Chicken Rice Pilaf Mixed Vegetables Peaches Milk or Water	Vanilla Waffles Water
FRI	Cherrios Fresh Bananas Milk or Water	BBQ Sandwiches Corn Mixed Fruit Milk or Water	Graham Crackers Tropical Fruit Water

WK 4	Breakfast	Lunch	Snack
MON	Yogurt Parfait English Muffin Milk or Water	Hamburgers Baked Sweet Peas Peaches Milk or Water	Fresh Oranges 100% Juice Or Water
TUES	Pancakes Fresh Apples Milk or Water	Spaghetti with meat Sauce Cooked Carrots Pears Crackers Milk or Water	Pineapples Wheat Thins 100% Juice or Water
WED	Life Cereal Banana Slices Milk or Water	Sweet & Sour Chicken Mixed Veggies Mixed Fruit Milk or Water	Vanilla Waffles 100% Juice Or Water
THUR	Biscuits with Jelly Pears Milk or Water	Homemade Cheese Pizza Green Beans Mandarin Oranges Milk or Water	Cheese Nips 100% Juice Or Water
FRI	Cheerios Strawberries Milk or Water	Turkey & Cheese Panini Fresh Oranges Corn Milk or Water	Animal Crackers Mandarin Oranges 100% Juice Or Water