

Summer May-Aug

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Kix Cereal/Bananas	Scrambled eggs/Whole grain	Whole Wheat Bagel w/	Whole grain	Whole Grain French
		toast/Peaches	Blueberry Cream Cheese	Waffles/Strawberries	Toast/Blueberries
Snack AM	Fig Bars	Vanilla Wafers	Cheese Sticks	Animal Crackers	Graham Crackers
Lunch	Chicken Alfredo/Garden	Chicken Taco (whole wheat	Chicken nuggets/mixed	Turkey pinwheels with	English muffin Cheese
	Salad w/ Ranch/Slice	tortilla) Ranch Style Beans/	veggies/Slice Oranges	cream cheese/ Salad w/	Pizza/Green Beans/Mixed
	Oranges	Pineapple		Ranch/Peaches	Fruit
Snack PM	Whole Grain Cheez its/Slices	Cheese/ Whole Wheat	Whole Grain Goldfish/Slice	Trail Mix/Slice Oranges	Sun Chips /Slice apples
Maals 2	Apples	Crackers	Apples	Thumadaw	Eviden.
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cheerios/ Bananas	Egg & Sausage Taco/Strawberries	Sausage Kolache/Blueberries	Pancakes & Strawberries	Whole Grain Cinnamon Toast Fresh Fruit
Snack AM	Vanilla Wafers	Raisin Bread	Animal Crackers	Whole Wheat Graham Crackers	Fig Bars
Lunch	Whole grain Spaghetti	Beef Taco (whole wheat	Whole Wheat Wow Butter &	BBQ	Cheeseburgers/ Mixed
	w/Meat Sauce/ Salad w/	tortilla) Refried Beans/	Jelly Sandwich/Slice Apples/	chicken/Cucumbers/Whole	Veggies/ Oranges
Snack PM	Ranch Dressing/Mixed Fruit Sliced Cheese/ Whole Wheat	Pineapple Apples Slices w/ Whole Grain	Mixed Veggies Bean Dip w/ Corn Chips	grain Bread/Peaches Trail Mix/Slice Apples	Sun chips/ Cheese Cube
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	Crackers	Goldfish			
Week 3	Crackers Monday	Goldfish Tuesday	Wednesday	Thursday	Friday
Week 3 Breakfast		Tuesday Scrambled eggs/Whole grain	Whole Wheat Bagel w/	Whole grain	Friday Whole Grain French
Breakfast	Monday Kix Cereal/Bananas	Tuesday Scrambled eggs/Whole grain toast/Peaches			
	Monday Kix Cereal/Bananas Fig Bars	Tuesday Scrambled eggs/Whole grain toast/Peaches Vanilla Wafers	Whole Wheat Bagel w/	Whole grain	Whole Grain French Toast/Blueberries Graham Crackers
Breakfast	Monday Kix Cereal/Bananas Fig Bars Chicken Alfredo/Garden	Tuesday Scrambled eggs/Whole grain toast/Peaches Vanilla Wafers Chicken Taco (whole wheat	Whole Wheat Bagel w/ Blueberry Cream Cheese Cheese Sticks Chicken nuggets/mixed	Whole grain Waffles/Strawberries Animal Crackers Turkey pinwheels with	Whole Grain French Toast/Blueberries Graham Crackers English muffin Cheese
Breakfast Snack AM	Monday Kix Cereal/Bananas Fig Bars Chicken Alfredo/Garden Salad w/ Ranch/Slice	TuesdayScrambled eggs/Whole grain toast/PeachesVanilla WafersChicken Taco (whole wheat tortilla) Ranch Style Beans/	Whole Wheat Bagel w/ Blueberry Cream Cheese Cheese Sticks	Whole grain Waffles/Strawberries Animal Crackers Turkey pinwheels with cream cheese/ Salad w/	Whole Grain French Toast/Blueberries Graham Crackers English muffin Cheese Pizza/Green Beans/Mixed
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