

Week 1	31	1	2	3	4
Breakfast		Pancakes, Turkey Sausage and Oranges	Whole Grain Cheese Toast and Peaches	Whole Grain Cereal and Bananas	Waffles and Applesauce
Lunch		Chicken Teriyaki Rice, Mixed Vegetables and Mixed Fruit	Mac and Cheese, Carrots and Apples	Rice w/ Mild Chili Beans, Corn and Mixed Fruit	Cheese Pizza, Salad and Oranges
Snack PM		Animal Crackers and Apple Juice	Graham Crackers and Greek Yogurt	Pretzels and Nacho Cheese	Whole Wheat Crackers and Cheese Sticks
Dinner		Cheese Quesadillas, Mixed Vegetables and Peaches	Homemade Turkey and Cheese Lunchables, Crackers, Salad and Bananas	Grill Cheese, Cucumber Slices and Apples	Homemade Chicken Salad Sandwich, Bananas and Carrot Sticks
Week 2	7	8	9	10	11
Breakfast	Closed For Labor Day!	Pancakes, Turkey Sausage and Oranges	Biscuits w/ Jam and Mixed Fruit	Whole Grain Cereal and Bananas	Waffles and Applesauce
Lunch		Meatballs w/ BBQ Sauce, Mashed Potatoes, Sliced Bread and Apples	Rice w/ Mild Chili Beans, Corn and Mixed Fruit	Grilled Cheese Sandwich, Tomato Soup and Oranges	Fish Sticks, Mashed Potatoes, Whole Grain Bread and Apples
Snack PM		Whole Grain Goldfish w/ Apple Juice	Graham Crackers and Apple Juice	Whole Wheat Crackers and Cheese Sticks	Animal Crackers and Apple Juice
Dinner		Grilled Cheese, Bananas and Broccoli	Mac and Cheese, Cucumber Slices and Apples	Homemade Chicken Salad Sandwich, Peaches and Baby Carrots	Cheese Quesadillas, Mixed Vegetables and Bananas
Week 3	14	15	16	17	18
Breakfast	Whole Grain Cereal and Sliced Apples	Pancakes, Turkey Sausage and Oranges	Whole Grain Cheese Toast and Apples	Whole Grain Cereal and Bananas	Waffles and Applesauce
Lunch	Cheesy Chicken Rice Casserole, Broccoli and Oranges	Chicken Soft Tacos, Black Beans, Corn and Bananas	Tater Tot Casserole, Dinner Roll and Peaches	Chicken Alfredo, Green Beans and Oranges	Mac and Cheese, Carrots and Apples
Snack PM	Pretzels and Nacho Cheese	Whole Grain Goldfish w/ Apple Juice	Graham Crackers and Apple Juice	Greek Yogurt and Cheerios	Blueberry Muffins and Apple Juice
Dinner	Grilled Cheese, Oranges and Broccoli	Cheese Quesadillas, Mixed Vegetables and Peaches	Homemade Turkey and Cheese Lunchables, Crackers, Salad and Peaches	Homemade Chicken Salad Sandwich, Mixed Fruit and Carrot Sticks	Grilled Cheese, Oranges and Broccoli
Week 4	21	22	23	24	25
Breakfast	Whole Grain Cereal and Oranges	Pancakes, Turkey Sausage and Apples	Whole Grain Cheese Toast and Apples	Whole Grain Cereal and Bananas	Waffles and Applesauce
Lunch	Rice w/ Ranch Style Beans, Corn and Peaches	Spaghetti w/ Meatballs, Whole Grain Bread and Apples	Chicken Soft Tacos, Black Beans, Corn and Mixed Fruit	Grilled Cheese Sandwich, Tomato Soup and Peaches	Chicken Nuggets, Mashed Potatoes and Mixed Fruit
Snack PM	Corn Tortilla Chips and Nacho Cheese	Animal Crackers and Apple Juice	Cheez Crackers and Apple Juice	Whole Wheat Crackers and Cheese Slices	Graham Crackers and Apple Juice
Dinner	Homemade Turkey and Cheese Lunchables, Crackers, Salad and Bananas	Grilled Cheese, Oranges and Broccoli	Chicken Alfredo, Cucumber Slices and Mixed Fruit	Homemade Chicken Salad Sandwich and Carrot Sticks	Cheese Quesadillas, Mixed Vegetables and Apples
Week 5	28	29	30	1	2
Breakfast	Whole Grain Cereal and Bananas	Pancakes, Turkey Sausage and Oranges	Biscuits w/ Jam and Mixed Fruit		
Lunch	Home Made Baked Ziti, Green Beans and Apples	Chicken Teriyaki Rice, Mixed Vegetables and Mixed Fruit	Chicken Soft Tacos, Black Beans, Corn and Oranges		
Snack PM	Cheez-It w/ Apple Juice	Animal Crackers and Apple Juice	Whole Grain Goldfish w/ Apple Juice		
Dinner	Grilled Cheese, Oranges and Broccoli	Cheese Quesadillas, Mixed Vegetables and Peaches	Baked Ziti, Cucumber Slices and Mixed Fruit		