

 **MEAL SCHEDULE**

 **Breakfast: 8:30am**

 **Lunch: 2:50pm**

 **AM Snack: 12:30pm**

 **PM Snack: 4:45pm
(optional)**

MPH Monthly Meal Calendar



ORGANIC & FARM FRESH FOOD PRODUCTS

WATER OFFERED AT MEALS AND SNACKS

Monday	Tuesday	Wednesday	Thursday	Friday
<p>B: Egg, Potato and T, Sausage scramble/Toast. OJ/milk offered</p> <p>S:Fruit smoothie/ String Cheese/G, cracker</p> <p>L:Spaghetti w/ground beef meat sauce/Dinner roll</p>	<p>B: Cheerios/Fresh berries/Boiled egg/ Toast OJ & milk offered</p> <p>S:Sliced peaches/Vanilla yogurt/Annie's organic Graham cracker bunnies</p> <p>L:Tuna sandwich on wheat/ Cuties tangerines /Sun chips</p>	<p>B: Biscuits w/organic jam/eggs/ T.bacon/Mixed fruit/ OJ & Milk offered</p> <p>S: Yogurt/Animal crackers</p> <p>L: Grilled turkey and cheese sandwich/tomato bisque soup</p>	<p>B: Hashbrowns/scrambled eggs w/ cheddar cheese/ greek yogurt</p> <p>S: Unsweetened cinnamon applesauce/ graham crackers/organic raisins</p> <p>L:Chicken and cheese taquitos/ mexican rice/ pinto beans</p>	<p>B: Bagel w/cream cheese/ fresh fruit/ vanilla yogurt/T. bacon</p> <p>S: sliced apples/almond butter/dried cranberries/cheese cubes/ graham cracker</p> <p>L:baked chicken noodle/ mixed vegetables</p>
<p>B: Oatmeal w/fresh fruit/ toasted bagel/Cutie tangerine/ OJ & milk offered</p> <p>S:Pretzel sticks/ sliced grapes/ cheese cubes</p> <p>L:PB&J sandwich on wheat/ Sliced strawberries/cinnamon applesauce</p>	<p>B: Pancakes/ T, sausage/scrambled eggs</p> <p>S: Almond milk yogurt/ peaches/ cinnamon/ graham crackers</p> <p>L: 3 veggie tortellini/organic sweet corn</p>	<p>B: Boiled egg/ Kelloggs variety cereal/ whole wheat toast with sugar free jam</p> <p>S: fresh baked banana bread/organic unsweetened applesauce</p> <p>L:Organic wheat tortilla quesadilla/ shredded chicken/ sliced avocado and tomato/ mexican rice/ pinto beans</p>	<p>B: T. bacon/ scrambled eggs/ tater rounds/ organic orange slices</p> <p>S: organic vanilla yogurt/ pineapple slices/ organic raisins/ graham crackers</p> <p>L:green beans/whole grain breaded chicken breast bites/ organic unsweetened applesauce</p>	<p>B: French toast sticks/strawberry banana and blueberry mix/ vanilla yogurt</p> <p>S: Pb&J graham cracker sandwiches/green apple slices/ string cheese</p> <p>L:Turkey pepperoni and cheese pizza/ garden salad/ breaded chicken breast bites</p>
<p>B: Organic Blueberry waffle/ Banana slices/ greek vanilla yogurt</p> <p>S:Organic unsweetened applesauce/raspberries/string cheese</p> <p>L:cheeseburger sliders/ sweet potato fries/ organic peas</p>	<p>B: Beef chorizo and egg scramble/ mini quesadillas/ cuties tangerines</p> <p>S: Fresh fruit smoothie/ banana/ graham crackers</p> <p>L: Breaded chicken bites or chicken strips/ Organic macaroni and cheese</p>	<p>B: Breakfast yogurt smoothie bowl/Chompies breakfast energy bar</p> <p>S: Unsweetened applesauce/string cheese/ animal crackers/ organic dried fruit</p> <p>L: beef hot dogs on wheat bun/organic mac & cheese</p>	<p>B: Breakfast quesadilla/strawberry, oranges & banana mix</p> <p>S: mini bagel w/cream cheese/ deli turkey slices/ organic blueberries</p> <p>L:black beans/organic basmati rice/diced tomato & avocado/shredded chicken/ organic mozzarella cheese</p>	<p>B: Beef kielbasa sausage/ breakfast potatoes/ scrambled eggs/ white toast with fresh fruit jam</p> <p>S: kiwi, strawberry and green apple fruit salad/ cinnamon pita chips/ organic unsweetened applesauce</p> <p>L: cod fish sticks/ organic sweet corn/ mashed potatoes with cream and chives</p>
<p>B: Veggie and cheddar cheese omelette</p> <p>S: hummus/ mini naan/ carrot sticks/ organic baby tomatoes/cucumber slices/turkey/ string cheese</p> <p>L:Broccoli, chicken and cheese rice casserole/no sugar added fruit mix</p>	<p>B: Soy chorizo and egg scramble/ roasted potatoes/ organic orange and strawberry mix</p> <p>S: almond butter toast/ banana and strawberry slices/ organic unsweetened applesauce</p> <p>L:Turkey and salami sandwich sliders/ snacking pickles/organic cherry tomatoes</p>	<p>B: T. Sausage/tater rounds/scrambled eggs/ fresh fruit mix</p> <p>S: Fruit smoothie/ Nature Valley Granola Bar</p> <p>L:Steamed broccoli/ Cheddar cheese/rice/shredded rotisserie chicken</p>	<p>B: Whole wheat cheerios /organic banana/ 1/2 blueberry bagel with butter or cream cheese</p> <p>S: organic plum/unsweetened applesauce/ cinnamon graham cracker</p> <p>L:Chicken salad/ club crackers or mini croissant/ diced grapes/ carrot sticks and ranch</p>	<p>B: Whole wheat oatmeal/fresh berries (seasonal)</p> <p>S: Nature valley soft baked bar/ fresh fruit /yoplait yogurt variety</p> <p>L:Ground turkey chili/ white rice</p>