

# WEEK 1

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
AM Snack	Cheerios Milk	Mixed Fresh Fruit Milk	Rice Krispies Milk	Plain Waffles Milk	Yogurt Fruit Slices Milk
Lunch	Homemade Macaroni and Cheese Ham Slices Mixed vegetables (carrots/ broccoli/cauliflower) Milk	Grilled Cheese Sandwiches Ham Broccoli Milk	Chicken and Cheese Quesadillas Cucumbers Milk	Homemade Spaghetti Garlic Bread Milk	Chicken Wraps Cucumbers Milk
PM Snack	Granola Bars Fruit Slices Water	Munchie Mix Water	Homemade Banana Bread Water	Arrowroot Biscuits Cheese Cubes Fruit Slices Water	Unsalted Crackers Cream cheese Salsa Water

## WEEK 2

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
AM Snack	Special K Milk	Plain Waffles Milk	Rice Krispies Milk	Yogurt Milk	Fruit Salad Milk
Lunch	Chicken Nuggets Sweet Potato Casserole Mixed vegetables (carrots/peas) Milk	Sandwiches Ham Slices Cheese Slice Carrot Sticks Mayo/Butter/Ranch Milk	Pancakes Sausages Cucumbers Milk	Honey Garlic Chicken Vegetable Fried Rice Milk	Homemade Goulash Milk
Pm Snack	Unsalted Crackers Cheese Cubes Fruit Slices Water	Graham Crackers Cream Cheese Fruit Slices Water	Mixed Fruit Water	Homemade Apple Cinnamon Muffins Water	Munchie Mix Water