



Creative Sprouts' Spring/Summer Menu



Week 1 Lunch and Snack Menu

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	GOLDFISH JUICE	FRUIT PIZZAS	GRAHAM CRACKERS APPLESAUCE	MINI BAGELS CREAM CHEESE	BANANAS CHEERIOS
LUNCH	TURKEY & CHEESE SANDWICH VEGGIE FRUIT MILK	CHICKEN NUGGETS ROLL VEGGIE FRUIT MILK	PASTA SALAD VEGGIE FRUIT MILK	TACO SALAD VEGGIE FRUIT MILK	PIZZA VEGGIE FRUIT MILK
PM SNACK	DESSERT HUMMUS FRUIT	PRETZELS ORANGES	CRACKERS CHEESE	HUMMUS PITA	TRAIL MIX

Week 2 Lunch and Snack Menu

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	FRUIT SMOOTHIES MUFFINS	CHEERIOS FRUIT	GRAHAM CRACKERS CREAM CHEESE	CEREAL BARS APPLESAUCE	FROZEN YOGURT BARK
LUNCH	EGG SALAD SANDWICH VEGGIE FRUIT MILK	CHICKEN TACOS VEGGIE FRUIT MILK	WAFFLES SAUSAGE VEGGIE FRUIT MILK	CHICKEN PATTIES VEGGIE FRUIT MILK	PIZZA VEGGIE FRUIT MILK
PM SNACK	PRETZELS CHEESE	VEGGIES HUMMUS	GOLDFISH JUICE	FRUIT SALSA CINNAMON CRISPS	TRAIL MIX

Week 3 Lunch and Snack Menu

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	CHEERIOS YOGURT	GOLDFISH JUICE	MINI BAGELS CREAM CHEESE	FRUIT PIZZAS	DESSERT HUMMUS FRUIT
LUNCH	HAM & CHEESE SANDWICH VEGGIE FRUIT MILK	BBQ CHICKEN RICE VEGGIE FRUIT MILK	PASTA SALAD VEGGIE FRUIT MILK	CHEESE QUESADILLA VEGGIE FRUIT MILK	PIZZA VEGGIE FRUIT MILK
PM SNACK	FRUIT SALSA CINNAMON CRISPS	CRACKERS CHEESE	PRETZELS ORANGES	HUMMUS PITA	TRAIL MIX

Week 4 Lunch and Snack Menu

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	FRUIT SMOOTHIES MUFFINS	CEREAL BARS APPLESAUCE	BANANAS CHEERIOS	PRETZELS CHEESE	GRAHAM CRACKERS CREAM CHEESE
LUNCH	CHICKEN SALAD SANDWICH VEGGIE FRUIT MILK	VEGGIE ROLL UPS FRUIT MILK	MAC & CHEESE VEGGIE FRUIT MILK	SLOPPY JOES VEGGIE FRUIT MILK	PIZZA VEGGIE FRUIT MILK
PM SNACK	CRACKERS CHEESE	RICE CAKES SUN BUTTER	VEGGIES HUMMUS	FRUIT YOGURT	TRAIL MIX