

## Menu: Week 4

Breakfast	Lunch	Snack
D: Milk 3/4 c G: Cereal 1/3 c (Cinnamon Toast Cr.) F: Orange Juice 1/2 c Donut	D: Milk 3/4 c M: Spaghetti (1.5 oz) V: Green Beans (1/4 c) V: Lettuce/Tomatoes (1/4 c) G: Noodles (WG)	Whales Applesauce
D: Milk 3/4 c G: Waffles 1 F: Pineapples 1/2 c	D: Milk 3/4 c M: Fish Sticks (1.5 oz) V: Green Peas (1/4 c) V: Fruit Jello(1/4 c) G: Macaroni & Cheese (1/4 c) (WG)	Corn Chips Cheese
D: Milk 3/4 c G: Cinnamon Toast (WG) F: Fruit Cocktail	D: Milk 3/4 c M: Dirty Rice (1.5 oz) V: Apples/Raisins/Marshmallows 1/4 c) V: Corn (1/4 c) G: Rice (1/4 c)	Cheesy Chex Mix Juice (Wedding Punch)
D: Milk 3/4 c G: Biscuit with Cream Cheese & Cinnamon F: Banana	D: Milk 3/4 c M: Turkey or Ham (1.5 oz) V: Mashed Potatoes (1/4 c) V: Cherry Salad (1/4 c) G: Hawaiian Rolls (1) (WG)	Peanut Butter Graham Crackers
D: Milk 3/4 c G: Biscuits with Sausage Gravy (1) F: Peaches 1/2 c	D: Milk 3/4 c M: Meatballs (1/5 oz. V: French Fries (1/4 c) V: Baked Beans (1/4 c) G: Bread (1/2 slice) (WG)	Animal Crackers Mandarin Oranges