

MEAL MENU

February 23 - 27

| Week 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------|--|--|---|--|---|
| Breakfast | Blueberry muffin Apples Milk | Lucky Charms cereal Raisins Milk | Pancakes Pineapples Milk | Golden Grahams cereal Craisins Milk | Pancakes Pears Milk |
| Lunch | Turkey sandwich Bananas Sliced tomatoes Milk or Water | Beef ravioli Rolls Peaches Green beans Milk or Water | Pita bread pizza Mozzarella cheese Oranges Mixed vegetables Milk or Water | Chicken patty Bun Apple Fruit cocktail Milk or Water | Bologna sandwich Apples Cucumber Milk or water |
| Snack | Veggie straws Baby carrots Water | Graham crackers Cheese slices Water | Animal crackers Yogurt Water | Pretzel Cheese slices Water | Rice Krispies Dried mango Water |

March 2 - 6

| Week 2 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------|---|--|---|---|--|
| Breakfast | Bagel Cream cheese/Butter Raisins Milk | Apple Jacks cereal Craisins Milk | French toast Mandarin oranges Milk | Cheerios Raisins Milk | Pancakes Pineapple Milk |
| Lunch | Hot dog Bun Apples Celery Milk or water | Chicken nuggets French fries Oranges Ketchup Milk or Water | Bowtie pasta Alfredo sauce Pears Corn Milk or Water | Cheese roll up Bananas Tomato slices Milk or water | Turkey sandwich Apples Baby carrots Milk or Water |
| Snack | Goldfish Yogurt Water | Club crackers Cheese slices Water | Pop tarts Craisins Water | Animal crackers Dried mango Water | Pretzels Cheese sticks Water |

Milk served to children is 1% lowfat milk or fat free.

Mixed vegetable contains: Peas, Carrots, Corn, Green beans

Fruit cocktail contains: Peach Pineapple, Pear, Grape

Mixed Fruit contains: Pineapple, Strawberries, Peach, Mango

Blend fruit contains: Pineapple, Honeydew, Strawberries, Mang

MEAL MENU

March 9 - 13

| Week 3 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------|--|---|---|---|---|
| Breakfast | Blueberry muffin Apples Milk | Lucky charms cereal Raisins Milk | French Toast Peaches Milk | Raisin bran cereal Craisins Milk | Pancakes Pineapple Milk |
| Lunch | Ham Sandwich Sandwich Bananas Cucumber Milk or Water | Fish sticks Tater tots Oranges Baby carrots Milk or Water | Spaghetti Meatballs Pears Green beans Milk or water | Pita bread pizza Mozzarella cheese Apples Tomato slices Milk or Water | Turkey sandwich Oranges Baby carrots Milk or Water |
| Snack | Graham crackers Craisins Water | Saltine crackers Cheese slices Water | Pretzel Yogurt Water | Ritz crackers Dried mangos Water | Rice Krispies Raisins Water |

March 16 -20

| Week 4 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------|---|--|--|--|---|
| Breakfast | Bagels Cream cheese/butter Raisins Milk | Apple Jacks cereal Craisins Milk | French Toast Peaches Milk | Frosted flakes Raisins Milk | Pancakes Mixed fruits Milk |
| Lunch | Bologna sandwich Apples Celery Milk or water | Sun butter sandwich Bananas Cucumber Milk or Water | Mac & Cheese Pears Corn Milk or Water | Chicken nuggets Tater tots Oranges Tomato slices Milk or Water | Ham sandwich Apples Cucumber Milk or water |
| Snack | Animal crackers Baby carrots Water | Veggie sticks Dried mangoes Water | Graham crackers Yogurt Water | Club crackers Cheese sticks Water | Pop tarts Craisins Water |

Milk served to children is 1% lowfat milk or fat free.

Mixed vegetable contains: Peas, Carrots, Corn, Green beans

Fruit cocktail contains: Peach Pineapple, Pear, Grape

Mixed Fruit contains: Pineapple, Strawberries, Peach, Mango

Blend fruit contains: Pineapple, Honeydew, Strawberries, Mango