

## BIZZY BUDDIES MENU PLAN

WEEK #1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> 7:00am-8:45am	*Whole Wheat Toast *Fruit *Milk	*Multi-grain Cheerios *Milk *Fruit	*Homemade Banana Pancakes *Fruit *Milk	*Rice Krispies *Milk *Fruit	*Whole Wheat English Muffins *Fruit *Milk
<b>Lunch</b> 11:30 am	*Scrambled Eggs *Diced Hash browns *French Cut Beans *Fruit *Water	*Breaded Fish fillets *Broccoli Florets *Fruit *Water	*Home-made Mac 'n' Cheese with Diced Turkey Bacon *Peas *Fruit *Water	*Split Pea Soup *Tuna Salad Sandwich *Fruit *Water	*Chicken & Veggie Stir Fried Rice *Fruit *Water
<b>Afternoon Snack</b> 3:15 pm	*Cucumber Coins *Goldfish Crackers *Water	*Rice Cakes with Cream Cheese *Fruit *Water	*Homemade Zucchini Loaf *Fruit *Water	*Unsweetened Applesauce *Milano Cookies *Water	*Shreddies *Fruit *Water

<b>WEEK #2</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b> 7:00am-8:45am	*Homemade French Toast *Fruit *Milk	*Rice Krispies *Milk *Fruit	*Multi-grain Cheerios *Milk *Fruit	*Whole Wheat Bagels with Cream Cheese *Fruit *Milk	*Whole Wheat English Muffins *Fruit *Milk
<b>Lunch</b> 11:30 am	*Baked Fish & Couscous Patties *Cauliflower Florets *Fruit *Water	*Pasta in a Meat Sauce *Corn *Fruit *Water	*Lentil & Barley Soup *Whole Wheat Crackers *Fruit *Water	*Baked Frittata With Shredded Cheese & Hash browns *Steamed Carrots *Fruit *Water	*Homemade Meatballs in gravy *Mashed Potatoes *Fruit *Water
<b>Afternoon Snack</b> 3:15 pm	*Vanilla Yogurt *Fruit *Water	*Grilled Cheese Sandwiches *Fruit *Water	*Toasted Pita & Cinnamon Spread *Fruit *Water	*Homemade Honey Bran Muffins *Fruit *Water	*Graham Crackers *Fruit *Water

<b>WEEK #3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b> 7:00am-8:45am	*Multi-Grain Cheerios *Milk *Fruit	*Whole Wheat Toast *Fruit *Milk	*English Muffins *Fruit *Milk	*Homemade Waffles *Fruit *Milk	*Rice Krispies *Milk *Fruit
<b>Lunch</b> 11:30 am	*Alphabet Minestrone Soup with Navy beans *Bread & Butter *Fruit *Water	*Egg & Cheese Sandwiches *California Veggies *Fruit *Milk	*Minced Fish & Rice Casserole *Mixed Veggies *Fruit *Water	*Pasta with Minced Chicken & Peas *Fruit *Water	*Meatloaf *Baked Fries *Fruit *Water
<b>Afternoon Snack</b> 3:15 pm	*Homemade Banana Bread *Fruit *Water	*Unsweetened Applesauce *Bear Paw *Water	*Homemade Lemon Poppy Seed Muffins *Fruit *Water	*Cheddar Cheese Cubes *Vegetable Crackers *Fruit *Water	*Ritz Crackers *Fruit *Water

**\*INFANTS-** All food items are cut into bite-sized pieces according to infants capabilities. Parents must review all items on menu & highlight any items directly on the menu that children may have an allergy/intolerance to.

**Parent Signature:** \_\_\_\_\_

**NOTE:** Fruits and veggies may be subject to change depending on availability and season.

**Fruits May Include:** strawberries, watermelon, honey dew, cantaloupe, grapes, pineapple, apples, bananas, oranges, pears, plums, nectarines

**Vegetables May Include:** Frozen mixed vegetables, corn, broccoli, cucumbers, potatoes, green beans, peas, cauliflower, carrots, sliced olives, tomatoes, zucchini, beets etc.

**FOR VEGETARIAN CHILDREN:** Legumes will be provided as a substitute