

# MENU

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Strawberries & Yogurt	French Toast & Peaches	Scrambled Eggs & ww toast	Cheerios & milk	Waffles/blueberries
LUNCH	Tuna Melt w/ Milk	Hamburger/Cheese Pasta & Milk	Chicken Stuffing Casserole w/ Milk	Meatballs/Rice/Veggies/Milk	Grilled Cheese/Tomato Soup/Milk
SNACK	Veggie Sticks and Ranch Dip	Ants on a log (celery/wow butter/raisins)	Melon & Yogurt	Vanilla Pudding/Mixed berries	Broccoli/Cauliflower/Cheese dip
WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Bagels/Cream Cheese & Pears	Yogurt & Berries	Oatmeal/Banana	Pancakes/Strawberries	Veggie & Cheese Egg Cup
LUNCH	Chicken/Veggie/Noodle Stir Fry/Milk	Baked Ham/Peas/Rice/Milk	Chicken Quesadilla & Milk	Hamburger Soup/ww crackers/milk	Spinach/Hamburger Pizza w/ milk
SNACK	Homemade Trail Mix with Oranges	Pita Bread/Hummus	Pickles/Cheese	Banana Muffin/Cheese	Fruit Cocktail & Goldfish
WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Yogurt & Mixed Berries	Ham/Cheese/Egg Casserole	French Toast	Pancakes/Strawberries	Cheerios & Milk
LUNCH	Chicken Fried Rice w/ Veggies & Milk	Taco's/Cucumbers/Milk	Chicken Noodle Soup/ww crackers/milk	Mac & Cheese w/cauliflower/Beans/Milk	Chicken Pot Pie/Milk
SNACK	Banana Wow Butter & Graham Crackers	Apples/Orange Slices	Frozen Yogurt and Grapes	Veggies/Ranch Dip	Waffles/Strawberries
WEEK FOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Bagels/Cream Cheese & Pineapple	Raspberries & Yogurt	Waffles/Peaches	Boiled Eggs & ww toast	English Muffin & Apple Sauce
LUNCH	Spaghetti/Garlic Bread/Milk	Potato Boats (1/2 Baked Potato/veggies/cheese)	Chicken Fettuccini w/ Broccoli & Milk	Shepherds Pie/Milk	BLT Wrap/Milk
SNACK	Homemade Granola Bars	Blueberry Muffins	Cheese and Pickles	Homemade Trail Mix/Banana	Crackers & Dill Pickle Dip