

Summer Menu

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Oatmeal /Bananas	French Toast/Orange slices	Bagels with Cream Cheese and Peaches	Scrambled Eggs /ww toast	Mixed Berries/yogurt
LUNCH	Mac & Cheese and Beans with Milk	Hamburger Tacos, Salsa and Cucumbers with Milk	Yummy chicken on Rice/veggies with Milk	Meatballs & Rice and Green Beans with Milk	Veggie/Chicken/Noodle soup/ww crackers with Milk
SNACK	Hardboiled eggs/Cubed Ham	Banana Muffins/Apple Slices	Watermelon/Goldfish Crackers	Homemade Trail Mix/Orange Slices	Veggies/Ranch Dressing/Crackers
WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cherrios and Milk	Apple Sauce/WW Toast	Breakfast Sandwich. (Ham slice,Egg,Cheese on a Bun)	French Toast/Peaches	Yogurt /Strawberries
LUNCH	Chicken Fetticini Alfredo/Broccoli with Milk	Hamburger Sloppy Joes on a bun/mixed veggies with Milk	Chicken Wrap with Minced Celery/Cucumber with Milk	Beef Quesidilla with Milk	Chicken and Rice Vegetable Stir Fry with Milk
SNACK	Grapes & Cheese	Blueberry Muffins/Cheese	Ritz Cracker/Cream Cheese/Jam with Crasins	Veggie Sticks/Ranch Dressing /Crackers	Waffles /Bananas
WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Pancakes/Raspberries	Yogurt/Mixed Berries	Apple Sauce/WW Toast	Cherrios & Milk	Boiled Eggs/WW Toast
LUNCH	Spaghetti with Hamburger and Milk	Baked Ham, green beans and Rice/ with milk	Hamburger Soup/ww crackers with Milk	Chicken Fried Rice/veggies with Milk	Shepherds pie with Milk
SNACK	Frozen Yogurt/Mixed Fruit	Bananas/Wow butter/Graham Crackers	Cheese /Raisins	Granola Cookies/Apple slices	Banana Yogurt Pops
WEEK FOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Pancakes/blueberries	Ham/Cheese/Egg Casserole	Waffles/Strawberries	Apple Sauce/ww English Muffins	Cherrios with Milk
LUNCH	Ham/Cheese Sandwich, Carrot Sticks with Milk	Tuna Casserole with Milk	Hamburger/Cheese/Pasta Casserole with Milk	Chicken Dinner Cassrole (mashed potatoes,veggies,chicken, gravy) with Milk	Pizzadillas (Turkey Pepperoni, spinach,pizza sauce, cheese ,in a tortilla) with Milk
SNACK	Apple Slices and Yogurt	Pickles & Cheese	ww Nacho Chips and Cheese/Salsa	Vanilla Pudding/Raspberries	Strawberry Fruit Smoothies and Crackers