

MENU

Summer Menu Starting June 24, 2019

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	English Muffins & Yogurt	Waffles & Berries	Rice Crispy Cereal & Milk	Apple Sauce & Bagels with Cream cheese	French Toast & Peaches
LUNCH	Baked Ham/Potato Scallop with Broccoli & Cheese & Milk	Chicken Ceasar Salad/Garlic Bread & Milk	Hamburger/Cheese Pasta & Milk	Chicken Fried Rice with veggies & Milk	Homemade Vegetable Soup with ww crackers & Milk
SNACK	Apple/Orange Slices	Strawberry/Banana Cake Bars	Veggie sticks with Ranch Dressing/ Crackers	Homemade Trail Mix/Orange slices	Boiled Eggs /Ham Pieces
WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cheerios & Milk	Yogurt & Pineapple	Pancakes & Strawberries	Ham/Cheese/Egg Casserole	Bagels/cream cheese & Apple Sauce
LUNCH	Meatballs/Rice/Veggies & Milk	BLT Wraps /Macaroni salad & Milk	Turkey Chili with Roll & Milk	Spaghetti & Milk	Beef & Broccoli with Rice & Milk
SNACK	Frozen Yogurt/Apple Slices	Fruit Cocktail & Goldfish crackers	Pickles & Cheese	Veggie sticks with Ranch Dressing/Blueberry Muffin	Fruit Smoothie with Pretzels
WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Yogurt & Pears	Shreddies with Milk and Fresh Strawberries	Apple Sauce /Bagels with Cream cheese	Pancakes/ Blueberries	Boiled Eggs & WW Toast
LUNCH	Pizza w/ Turkey pepperoni/spinach/cheese on an english muffin & Milk	Hamburger/Cheese Pasta & Milk	Shepherds pie & Milk	Chicken Quesidillias & Milk	Haddie (haddock) Bites/Sweet Potato fries & Milk
SNACK	Raisins & Cheese	Watermelon/Energy bites	Ritz Crackers/Cream Cheese/Jam with crasins	Granola Bars and Apples	Bananas/Wow butter & Graham crackers
WEEK FOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Apple Sauce & WW Toast	Cheerios & Milk	French Toast/Berries	Blueberry Lemon Weetabix muffins/Bananas	Yogurt & Peaches
LUNCH	Chicken Fetticini with Broccoli & Milk	Tacos/Cucumber/Pineapple Salad & Milk	Mac & Cheese with Beans & Milk	Ham& Cheese Sandwich with carrot sticks & milk	Pancakes/scrambled Eggs/Ham & Milk
SNACK	Watermelon/ Energy bites	Banana Muffins & Cheese	Rice Crispy Treats & Mixed Fruit	Homemade Trail Mix/orange slices	Veggies & Ranch Dip & Cheese