

# WEEK 1

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>AM Snack</b>	<ul style="list-style-type: none"> <li>- Cheerios (whole grain)</li> <li>- Bananas</li> <li>- Milk</li> </ul>	<ul style="list-style-type: none"> <li>- Oatmeal</li> <li>- Frozen Berries</li> <li>- Milk</li> </ul>	<ul style="list-style-type: none"> <li>- Toast (whole wheat)</li> <li>- Apple Slices</li> <li>- Margarine &amp; Jam</li> <li>- Milk</li> </ul>	<ul style="list-style-type: none"> <li>- Yogurt Parfait</li> <li>- Whole Grain Cereal</li> <li>- Frozen Berries</li> <li>- Water</li> </ul>	<ul style="list-style-type: none"> <li>- Carrot Muffins/Loaf (whole wheat)</li> <li>- Orange slices</li> <li>- Milk</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>- Mac and Cheese (whole wheat pasta, cheese)</li> <li>- Broccoli</li> <li>- Peas</li> <li>- Milk</li> </ul>	<ul style="list-style-type: none"> <li>- Roast Pork Loin</li> <li>- Mashed Potatoes (with sour cream)</li> <li>- Peas &amp; Carrots</li> <li>- Whole Wheat Bread</li> <li>- Milk</li> </ul>	<ul style="list-style-type: none"> <li>-Vegetarian Chili (Kidney beans, peppers, carrots, onions, mushrooms, stewed tomatoes)</li> <li>- Whole Wheat Roll</li> <li>- Cucumber</li> <li>- Ranch</li> <li>- Milk</li> </ul>	<ul style="list-style-type: none"> <li>- Chicken Quesadilla (whole wheat wrap, chicken, cheese)</li> <li>- Green Peppers</li> <li>- Carrot Sticks</li> <li>- Ranch</li> <li>- Milk</li> </ul>	<ul style="list-style-type: none"> <li>- Goulash (whole wheat pasta, ground pork, peppers, onion, tomato sauce)</li> <li>- Steamed Mixed Vegetables</li> <li>- Milk</li> </ul>
<b>PM Snack</b>	<ul style="list-style-type: none"> <li>-Whole Grain Crackers</li> <li>- Cheese Chunks</li> <li>- Apples</li> </ul>	<ul style="list-style-type: none"> <li>- Yogurt</li> <li>- Fruit Slices</li> </ul>	<ul style="list-style-type: none"> <li>- Homemade Apple Cinnamon Loaf (whole wheat)</li> <li>- Oranges</li> <li>- Milk</li> </ul>	<ul style="list-style-type: none"> <li>- Baked Tortilla Chips (whole wheat)</li> <li>- Fruit Salad</li> <li>- Milk</li> </ul>	<ul style="list-style-type: none"> <li>- Whole Grain Crackers</li> <li>- Apple Sauce</li> <li>- Milk</li> </ul>

- \* Water is always offered.
- \* All bread is whole wheat
- \* Fresh milk

## WEEK 2

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>AM Snack</b>	<ul style="list-style-type: none"> <li>- Yogurt Parfait</li> <li>- Whole Grain Cereal</li> <li>- Frozen Berries</li> </ul>	<ul style="list-style-type: none"> <li>- Cheerios (whole grain)</li> <li>- Bananas</li> <li>- Milk</li> </ul>	<ul style="list-style-type: none"> <li>- Blueberry Oatmeal Muffins/Loaf</li> <li>- Watermelon</li> <li>- Milk</li> </ul>	<ul style="list-style-type: none"> <li>- Toast (whole wheat)</li> <li>- Apple Slices</li> <li>- Margarine &amp; Jam</li> <li>- Milk</li> </ul>	<ul style="list-style-type: none"> <li>- Oatmeal</li> <li>- Frozen Berries</li> <li>- Milk</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>- Spaghetti (whole wheat noodles, ground pork, peppers, onions, tomato sauce)</li> <li>- Broccoli</li> <li>- Milk</li> </ul>	<ul style="list-style-type: none"> <li>- Chicken Noodle Soup (whole wheat noodles, turnip, carrots, peppers)</li> <li>- Whole Wheat Crackers</li> <li>- Orange Slices</li> <li>- Milk</li> </ul>	<ul style="list-style-type: none"> <li>- Pancakes (whole wheat)</li> <li>- Baked Beans</li> <li>- Frozen Berries</li> <li>- Carrot Sticks</li> <li>- Ranch</li> <li>- Milk</li> </ul>	<ul style="list-style-type: none"> <li>- Chicken Stir Fry (chicken, brown rice, mixed vegetables)</li> <li>- Orange Slices</li> <li>- Milk</li> </ul>	<ul style="list-style-type: none"> <li>- Grilled Cheese Sandwich (whole wheat bread, cheddar cheese)</li> <li>- Cucumber</li> <li>- Peas</li> <li>- Milk</li> </ul>
<b>PM Snack</b>	<ul style="list-style-type: none"> <li>- Cheese Cubes</li> <li>- Whole Grain Crackers</li> <li>- Apple Sauce</li> <li>- Milk</li> </ul>	<ul style="list-style-type: none"> <li>- Homemade Banana Bread (whole wheat)</li> <li>- Fruit Salad</li> <li>- Milk</li> </ul>	<ul style="list-style-type: none"> <li>- Whole Grain Crackers</li> <li>- Cheddar Cheese</li> <li>- Fruit Slices</li> </ul>	<ul style="list-style-type: none"> <li>- Baked Tortilla Chips (whole wheat)</li> <li>- Hummus Dip</li> <li>- Carrot Sticks</li> <li>- Cucumber</li> <li>- Milk</li> </ul>	<ul style="list-style-type: none"> <li>-Yogurt</li> <li>- Fruit Slices</li> </ul>

\* Water is always offered.

\* All bread is whole wheat

\* Fresh milk