

WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Rice Krispies Milk	Mixed Fresh Fruit Milk	Waffles Butter Milk	Special K/Fruit slices	Breakfast Bars (Oats, Honey, Cinnamon, apple sauce, flax seed)
Lunch	Chicken Nuggets & Sweet and Sour Sauce (White Meat) Rice Carrots/peas Milk	Grilled Cheese Sandwiches (whole wheat bread, butter, natural cheese) Ham Orange Slices Milk	Goulash (noodles, ground beef, tomato soup, ketchup, mushrooms, diced onions) Orange Slices Whole Wheat Bread Milk	Mini Pizza (Cheese, Pizza Sauce Pepperoni) Carrot Sticks & Dip Milk	Pork Dinner Roasted potatoes Carrots/Peas Dressing Gravy Milk
Pm Snack	Yogurt Apple slices/pears Water	Blueberry Muffins	Apples Cheese Cubes	Munchie Mix (Goldfish, Multi Grain Cheerio's, Shreddies) Water	Apple Sauce Rice Cakes

- * Fresh Milk
- * All Bread is Whole Wheat
- * Water is always offered

WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Fresh Fruit Platter	Waffles	Cheerios Milk	Fresh Fruit Melons	Pancakes Milk
Lunch	Homemade Macaroni and Cheese (noodles, cheddar cheese, milk, butter) Sausage Peas Milk	Baked Ham Rice Broccoli Milk	Roasted Chicken Bread Potatoes Carrots Gravy Dressing Milk	Quesadillas Chicken/Cheese Carrot Sticks Sausages Ranch Dressing Milk	Homemade Spaghetti (noodles, lean ground beef, diced tomato, tomato paste, mushrooms,) Garlic Bread Milk
PM Snack	Homemade Oatmeal muffins (2 eggs, ½ cup veg oil, ½ cup milk, 1 cup flour, ¾ cup oatmeal, 3 tsp baking powder, pinch of salt) Milk	Yogurt Peaches Water	Fruit Water	Munchie Mix (Goldfish, Multi Grain Cheerios, Shreddies) Juice	Graham Crackers Apple Sauce

- * Fresh Milk
- * All Bread is Whole Wheat
- * Water is always offered