**Week 1 Menu**

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **AM Snack**Cheerios, milk, bananas, water | **AM Snack**Blueberry muffins, oranges, water | **AM Snack**Greek yogurt, berries water | **AM Snack**Apple sauce, cinnamon toast, water | **AM Snack**Oatmeal, blueberries, water |
| **Lunch**Chicken, rice, green beans, milk/water, cantaloupe  | **Lunch**Spaghetti with meat sauce, garden salad, milk/water, apples | **Lunch**Fish sticks, mashed potatoes, broccoli, milk/water, oranges | **Lunch**Chicken noodle soup, cream cheese and cucumber sandwiches milk/water, watermelon | **Lunch**Pepperoni pizza, veggie sticks, milk/water, pineapple |
| **PM Snack**Veggies, dip, crackers, water | **PM Snack**Cheese, crackers, grapes, water | **PM Snack**Nachos, salsa, veggies, water | **PM Snack**Snickerdoodles, apples, water | **PM Snack**Goldfish crackers, cucumbers, water |
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**Week 2 Menu**

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **AM Snack**Rice crispies, milk, bananas, water | **AM Snack**Oatmeal muffins, oranges, water | **AM Snack**Yogurt, cinnamon apples water | **AM Snack**Apple sauce, Graham crackers, water | **AM Snack**Pancakes, berry compote, water |
| **Lunch**Cheese and black bean quesadillas, sweet peppers, salsa, milk/water, honey dew | **Lunch**Chicken nuggets, sweet potato fries, green beans, milk/water, pineapple | **Lunch**Meatballs, rice, corn, milk/water, oranges | **Lunch**Tuna wraps with lettuce and tomato, garden salad, milk/water, kiwi | **Lunch**Macaroni and cheese, mixed veggies, milk/water, mango |
| **PM Snack**Nectarines, Cheese Ritz bits crackers, water | **PM Snack**Pretzel crackers, cheese, cucumbers, water | **PM Snack**Mexican dip, chips, bell peppers, water | **PM Snack**Cheese dip, crackers, veggie sticks | **PM Snack**Cottage Cheese, crackers, grape tomatoes, water |
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**Week 3 Menu**

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **AM Snack**Homemade tea biscuits, berry compote, water | **AM Snack**Bagel, cream cheese, oranges, water | **AM Snack**Yogurt, granola, berries, water | **AM Snack**Cheerios, bananas, milk, water | **AM Snack**French toast, strawberries, water |
| **Lunch**Vegetable soup, tuna sandwiches, milk/water, apples | **Lunch**Chicken and vegetable stew, milk/water, peaches | **Lunch**Beef and vegetable enchiladas, milk/water, watermelon | **Lunch**Fish and vegetables, couscous, milk/water, cantaloupe | **Lunch**Vegetarian pizza, veggie sticks, milk/water, pineapple |
| **PM Snack**Vegetable platter, sour cream dip, saltines, water | **PM Snack**Carrots, peppers, hummus, water | **PM Snack**Bits and Bites, cucumbers, water | **PM Snack**Oatmeal cookies, oranges, water | **PM Snack**Pretzel crackers, cheese, grapes, water |
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**Week 4 Menu**

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **AM Snack**Rice crispies, milk, bananas, water | **AM Snack**Carrot muffins, oranges, water | **AM Snack**Yogurt, berries water | **AM Snack**Apple sauce, animal crackers, water | **AM Snack**Waffles, blueberry compote, water |
| **Lunch**Salsbury steak, peas and carrots, egg noodles, milk/water, cantaloupe  | **Lunch**Lasagna, garden salad, garlic bread, milk/water, apples | **Lunch**Chicken strips, mashed potatoes, broccoli, milk/water, oranges | **Lunch**Chili, broccoli salad, milk/water, watermelon | **Lunch**Cheese pizza, veggie sticks, milk/water, pineapple |
| **PM Snack**Veggies, dip, crackers, water | **PM Snack**Cheese, crackers, grapes, water | **PM Snack**Nachos, queso, veggies, water | **PM Snack**Club crackers, apples, water | **PM Snack**Goldfish crackers, cucumbers, water |
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