**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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