

Monday- 4/8	Tuesday- 4/9	Wednesday-4/10	Thursday-4/11
<u>Breakfast:</u> Whole grain Banana Pancakes Maple syrup Butter Fresh fruit Milk	<u>Breakfast:</u> Scrambled egg Avocado Whole wheat toast Fresh Fruit Milk	<u>Breakfast:</u> Cooked Muesli with raisins & almonds Milk Fresh Fruit	<u>Breakfast:</u> Turkey Sausage Patty Roasted Potatoes Fresh fruit Milk
<u>Lunch:</u> Bean and cheese quesadillas, mild salsa, plain yogurt, and corn	<u>Lunch:</u> Pita bread olive and cheese pizzas, cucumbers, and carrots, yogurt ranch	<u>Lunch:</u> Sautéed chicken, brown rice, steamed snap peas, teriyaki dipping sauce	<u>Lunch:</u> Hidden veggie spaghetti sauce with chickpeas, whole wheat pasta, cheese, sauteed zucchini

Snack items for the week:

Will be any combination of no less than 2 items listed below served with milk.

- Whole grain fig bars
- Cheese crackers
- Apple sauce with cinnamon
- plain Greek yogurt w/ honey
- Whole grain toast
- Peanut Butter
- Cucumbers, snap peas or carrots with yogurt ranch
- Cheese
- Fresh Fruit

Fresh fruit for the week:

- Bananas
- Oranges
- Apples
- Pears
- kiwi