

## Sample Menu

	Snack 1 9:30-10:00 am	Lunch 12:00-12:30 pm	Snack 2 2:30- 3:00 pm	Snack 3 4:30-5:00 pm
Monday	Milk and cereal	Lentils and rice	Wheat Thins with apples	Coconut crackers with bananas
Tuesday	Whole grain bar with oranges	Vegetable idli with dip	Parle-G with apples	Goldfish crackers with oranges
Wednesday	Almond crackers with bananas	Vegetable paratha with yogurt	Alphabet crackers with apples	Milk and cereal
Thursday	Goldfish crackers with grapes	Vegetable cheese sandwich	Almond crackers with apples	Whole grain bars
Friday	Wheat Thins with oranges	Vegetable pasta	Parle-G with oranges and bananas	Graham crackers with apples

Milk and water are available to children at all times. Fruits and vegetables may vary depending on availability.