

**MENU**

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Hard Boiled Eggs, Fruit, Milk	Waffles, Fruit, Milk	Oatmeal, Fruit, Milk	Cinnamon Toast, Fruit, Milk	Fruit Muffin, Fruit, Milk
Lunch	Tuna Melts	Chicken Pasta Casserole	Shepherd's Pie (with beef)	Spaghetti (with meat sauce)	Scrambled Eggs, Pancakes, Hashbrowns
	Vegetables, Fruit, Milk	Vegetables, Fruit, Milk	Vegetables, Fruit, Milk	Vegetables, Fruit, Milk	Vegetables, Fruit, Milk
Afternoon Snack	Crackers, Cheese, Pepperoni, Fruit	Vegetables, Dip, Rice Cakes	Cereal Mix, Fruit	Vegetables, Hummus, Crackers	Yogurt, Fruit

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Toasted English Muffin, Fruit, Milk	Cereal with Milk, Fruit	Yogurt, Fruit, Milk	Banana Bread, Smoothie	Scrambled Eggs, Fruit, Milk
Lunch	Baked Haddock with Mashed Potatoes	Chicken and Rice	Sloppy Joe, Sweet Potato	Goulash	Grilled Cheese Sandwich and Tomato Soup
	Vegetables, Fruit, Milk	Vegetables, Fruit, Milk	Vegetables, Fruit, Milk	Vegetables, Fruit, Milk	Vegetables, Fruit, Milk
Afternoon Snack	Vegetables, Naan Bread	Fruit Muffin, Fruit	Wow butter, pita, Fruit	Vegetables, Cereal Mix	Crackers, fruit

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Oatmeal, Fruit, Milk	Muffin, Fruit, Milk	Hard Boiled Eggs, Fruit, Milk	Toasted Bagel, Fruit, Milk	Waffles, Fruit, Milk
Lunch	Tuna Sandwich	Sweet and Sour Meatballs, Rice	Chicken Noodle Soup, Bread	Meatloaf, Sweet Potato	Homemade Macaroni and Cheese
	Vegetables, Fruit, Milk	Vegetables, Fruit, Milk	Vegetables, Fruit, Milk	Vegetables, Fruit, Milk	Vegetables, Fruit, Milk
Afternoon Snack	Fruit, Yogurt	Vegetables, Hummus, Crackers	Cereal Mix, Fruit, Milk	Vegetables, Cheese, Crackers	Pita, Wow Butter, Fruit

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	French Toast, Fruit, Milk	Cereal with Milk, Fruit	Oatmeal, Fruit, Milk	Banana Bread, Fruit, Milk	Scrambled Eggs, Fruit, Milk
Lunch	Fish Cakes, Mashed Potatoes	Cheezy Hamburger Pasta Casserole	Chicken Vegetable Wraps	Lasagna	Chicken Veggie Pizza
	Vegetables, Fruit, Milk	Vegetables, Fruit, Milk	Vegetables, Fruit, Milk	Vegetables, Fruit, Milk	Vegetables, Fruit, Milk
Afternoon Snack	Vegetables, dip, Rice Cakes	Crackers, Wow Butter, Fruit	Yogurt, Fruit	Vegetables, Hummus, Naan Bread	Fruit Muffin, Smoothie

\* Menu items may be changed/substituted (will be posted on the parent board and reported on Bright wheel)