

Menu
Oct 15-19

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	-Organic milk or water -LIFE cereal -Mandarin oranges	-100% Apple juice -English muffin -Turkey sausage	-Organic milk or water -Organic yogurt parfait (organic berries, granola)	-Organic milk or water -Banana bread oatmeal squares -Turkey sausage	-Organic milk or water -Biscuit and sausage -Organic mixed fruit
A.M. Snack	-Organic milk or water -Pretzels -Organic banana	-Organic milk or water -Chex mix -Cantaloupe	-Organic milk or water -English muffin -Organic apple slices	-Organic milk or water -All natural fruit snacks -Pretzels	-Organic milk or water -Raisins -Pretzels
Lunch	-Organic milk or water -Beef stroganoff -Green beans -Organic grapes	-Organic milk or water -Turkey roll ups -Tater tots -Pickles -Organic pears	-Organic milk or water -Oven roasted chicken breast -Oven roasted potatoes -Carrots -Mixed organic fruit	-Organic milk or water -Nachos w/ meat, organic salsa, mixed organic veggies, sour cream -Red beans and rice	-Organic milk or water -Grilled cheese -Cucumbers -Organic apple slices
P.M. Snack	-100% Apple juice -Granola bar	-Water -Simply Go-gurt Organic grapes	-Water -Cantaloupe -Crackers	-Water -Cheese -Crackers	-Water -Dried fruit trail mix