

1	Monday	Tuesday	Thursday		Friday
AM	Cereal and Fruit	Cinnamon Toast	Cereal and Fruit	Cinnamon Toast	Cereal and Fruit
Snack		Fruit		Fruit	
	Milk	Milk	Milk	Milk	Milk
Lunch	Spaghetti and Lentil Sauce	Tuna and Cheese Sandwiches	Cheeseburger Casserole	Chicken and Cheese Quesadilla	Coconut Butter Chicken, with Naan
	Vegetables	Beans	Veggies	Vegetables	Bread vegetables
	Milk	Milk	Milk	Milk	Milk
PM					
Snack	Fruit and crackers	Fruit Muffins	Vegetables and Crackers	Fruit Muffins	Popsicles and Crackers
	Water	Water	Water	Water	Water

Changes to Menu:

Meat, make vegan

2	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Cinnamon Toast	Cereal and Fruit	Cinnamon Toast	Cereal and Fruit	Cinnamon Toast
Snack	Fruit		Fruit		Fruit
	Milk	Milk	Milk	Milk	Milk
Lunch	Hot dogs	Curry Chicken and Rice	Egg Salad Sandwiches	Baked Tortellini	Fish Sticks
	Fries				Potato/Carrot
		Vegetables	Vegetables	Vegetables	Bake
	Milk	Milk	Milk	Milk	Milk
PM					
Snack	Popsicles and crackers	Crackers and Fruit	Fruit Muffins	Vegetables and crackers	Crackers and Fruit
	Water	Water	Water	Water	Water
Changes to Menu:					

3	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Cereal and Fruit	Cinnamon Toast	Cereal and Fruit	Cinnamon Toast	Cereal and
Snack		Fruit		Fruit	fruit
	Milk	Milk	Milk	Milk	Milk
Lunch	Grilled Cheese	Beef Mac n Cheese	Chicken Strips	Pizza	Meatballs in
	Sandwiches		Fries	Apple Slices	Tomato Sauce
	Beans	Salad	Veggies		With Rice
					Vegetables
	Milk	Milk	Milk	Milk	Milk
PM	Vegetables and	Crackers and	Popsicles and Crackers	Fruit Muffins	Crackers and
Snack	crackers	Fruit			fruit
	Water	Water	Water	Water	Water
Changes to Menu:					