



# Weekly Menu Plans

<b>Week 1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>A.M Snack</b>	- Cereal - Milk	- Raisin Bread - Milk/Water	-Waffles & Syrup -Milk/ Water	- Crackers & Cheese - Milk/ Water	- Yogurt (assorted) - Milk/ Water
<b>Lunch</b>	-Carrot sticks -Chicken with rice & tomato sauce -Steamed mixed vegetables -Whole grain bread -Milk/ Water -Seasonal fresh fruit	-Cucumber slices -Meatloaf & mashed potatoes -Broccoli -Whole grain bread -Milk/ Water -Seasonal fresh fruit	-Sweet red peppers -Vegetable Risotto  -Turkey sandwiches -Milk/ Water -Seasonal fresh fruit	-Iceberg salad w. vinaigrette -Pasta with meat sauce -Steamed carrots -Whole grain bread -Milk/ Water -Seasonal fresh fruit	-Celery sticks -Seasoned rice & fish sticks -Beets -Whole grain bread -Milk/ Water -Seasonal fresh fruit
<b>P.M. Snack</b>	-Homemade banana bread -Milk/Water	-Egg salad sandwich -Milk/Water	-Homemade pizza -Milk/Water	-Filipino Bun -Milk/Water	-Seasonal fresh fruit -Milk/Water

<b>Week 2</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>A.M Snack</b>	-Cereal -Milk	-English Muffin -Milk/Water	-Bagel & Margarine -Milk/ Water	-Melba Toast & cream cheese -Milk/ Water	- Yogurt (assorted) - Milk/ Water
<b>Lunch</b>	-Carrot sticks -Spaghetti with chicken & peas  -Whole grain bread -Milk/ Water -Seasonal fresh fruit	-Tomato slices -Hamburgers -Seasoned rice -Steamed mixed vegetables -Whole grain bread -Milk/ Water -Seasonal fresh fruit	-Green peppers -Sheppard's Pie (meat, peas, & carrots)  -Whole grain bread -Milk/ Water -Seasonal fresh fruit	-Cucumber slices -Spaghetti & Meatballs  -Steamed broccoli -Whole grain bread -Milk/ Water -Seasonal fresh fruit	-Celery sticks -Seasoned rice and fish sticks  -Cooked cauliflower -Whole grain bread -Milk/ Water -Seasonal fresh fruit
<b>P.M. Snack</b>	-Homemade banana bread -Milk/ Water	-Tuna salad & crackers -Milk/ Water	-Mini croissants -Milk/ Water	-Filipino Bun -Milk/ Water	-Seasonal fresh fruit -Milk/ Water

<b>Week 3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>A.M Snack</b>	-Cereal -Milk	-Crackers & Cheese -Milk/Water	-Raisin Bread -Milk/ Water	-Waffles & Syrup -Milk/ Water	-Yogurt (assorted) -Milk/ Water
<b>Lunch</b>	-Tomato slices -Macaroni & Cheese -Steamed mixed vegetables -Turkey sandwiches -Milk/ Water -Seasonal fresh fruit	-Green peppers -Beef stew with white rice -Seasonal vegetables -Whole grain bread -Milk/ Water -Seasonal fresh fruit	-Carrot sticks -Pasta al Forno -Cooked cauliflower -Whole grain bread -Milk/ Water -Seasonal fresh fruit	-Iceberg salad w. vinaigrette -Risotto with chicken & peas  -Whole grain bread -Milk/ Water -Seasonal fresh fruit	-Celery sticks -Elbow pasta with Margarine -Steamed Corn -Whole grain bread -Milk/ Water -Seasonal fresh fruit
<b>P.M. Snack</b>	-Homemade banana bread -Milk/ Water	-Homemade Muffins -Milk/ Water	-Homemade pizza -Milk/ Water	-Filipino Bun -Milk/ Water	-Seasonal fresh fruit -Milk/ Water

<b>Week 4</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>A.M Snack</b>	-Cereal -Milk	-Crackers & cheese -Milk/Water	-Grain toast & jam -Milk/ Water	-English Muffin -Milk/ Water	-Yogurt (assorted) -Milk/ Water
<b>Lunch</b>	-Carrot Sticks -Spaghetti with meat sauce -Green beans & carrots -Whole grain bread -Milk/ Water -Seasonal fresh fruit	-Celery sticks -Seasoned rice & chicken -Salad with mandarins -Whole grain bread -Milk/ Water -Seasonal fresh fruit	-Cucumber slices -Chunky vegetable soup -Chicken nuggets -Whole grain bread -Milk/ Water -Seasonal fresh fruit	-Iceberg salad w. vinaigrette - Pasta al Forno -Steamed mixed vegetables -Whole grain bread -Milk/ Water -Seasonal fresh fruit	-Tomato slices -Seasoned rice and fish sticks -Steamed broccoli -Whole grain bread -Milk/ Water -Seasonal fresh fruit
<b>P.M. Snack</b>	-Homemade banana bread -Milk/ Water	-Tuna salad & Crackers -Milk/ Water	-Mini croissants -Milk/ Water	-Filipino Bun -Milk/ Water	-Seasonal fresh fruit - Milk/ Water

<b>Week 5</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>A.M Snack</b>	-Cereal -Milk/ Water	-Bagel & cream cheese -Milk/Water	-Waffles & Syrup -Milk/ Water	-Crackers & cheese -Milk/ Water	-Yogurt(assorted) -Milk/ Water
<b>Lunch</b>	-Sweet red peppers -Fusilli with meat sauce -Steamed broccoli -Whole grain bread -Milk/ Water -Seasonal fresh fruit	-Celery sticks -Risotto with chicken -Steamed mixed vegetables -Whole grain bread -Milk/ Water -Seasonal fresh fruit	-Cucumber slices -Bowtie pasta with meat sauce -Cooked cauliflower -Whole grain bread -Milk/ Water -Seasonal fresh fruit	-Iceberg salad w. vinaigrette -Beef stew with rice -Seasonal vegetables -Whole grain bread -Milk/ Water -Seasonal fresh fruit	-Tomato slices -Tubetti pasta with Margarine & eggs -Steamed corn -Whole grain bread -Milk/ Water -Seasonal fresh fruit
<b>P.M. Snack</b>	-Homemade banana bread -Milk/ Water	-Tuna salad & Crackers -Milk/ Water	-Mini croissants -Milk/ Water	-Filipino Bun -Milk/ Water	-Seasonal fresh fruit -Milk/ Water

**\*\*\*Our Center is a PEANUT FREE facility. Please note that if your child has any dietary restrictions, you MUST inform the Supervisor immediately. \*\*\***