

## Weekly Plan 02 October 2023 - 06 October 2023

| Mon (2)   | Tue (3)   | Wed (4)  | Thu (5)  | Fri (6)   |
|---|---|--|--|---|
| BREAKFAST   | BREAKFAST   | BREAKFAST  | BREAKFAST  | BREAKFAST   |
| Pancakes, Strawberries,<br>Unflavored Whole Milk 1%                           | Scramble Egg, Sausage,<br>Oranges, Unflavored Whole<br>Milk 1%  | Bagel (WG), Cream<br>Cheese/Jelly, Apple,<br>Unflavored Whole Milk 1%  | French Toast, Grapes,<br>Unflavored Whole Milk 1%  | Banana, Cheese Toast (WG),<br>Unflavored Whole Milk 1%  |
| LUNCH   | LUNCH   | BREAKFAST  | LUNCH  | LUNCH   |
| Rice mixed with chicken,<br>Bean, Fruit Cocktail,<br>Unflavored Whole Milk 1% | Mashed Potato, Ground Beef,<br>Dinner Roll (WG), Mixed<br>Vegetable, Pineapple,<br>Unflavored Whole Milk 1% | Unflavored Whole Milk 1%,<br>Fishstick, Mac n Cheese,<br>Corn, Peaches | Dinner Roll (WG), Greenbean,<br>Chicken Teriyaki, Rice,<br>Mandarin Oranges, Unflavored<br>Whole Milk 1% | Hamburger Bun (WG), Beef<br>Pattie, Lettuce/Tomatoe,<br>Applesauce, Unflavored Whole<br>Milk 1% |
| PM SNACK  | PM SNACK  | BREAKFAST  | PM SNACK   | PM SNACK  |
| Yogurt, (WG pita crackers)  | Graham Cracker  | Goldfish, Apple Juice  | Grape Juice, Infant/Toddler<br>One's, Animal Cracker   | Cheese String, Ritz Cracker   |
|   |   |  | PM SNACK   |   |
|   |   |  | Nacho Cheese, Apple Juice  |   |