



Weekly Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Whole grain Cereal	Whole grain Cereal	Whole grain Cereal	Whole grain Cereal	Whole grain Cereal
Lunch	Naan, cheese pizza. With Pepperoni on the side	Cheese Quesadilla With beans on the side	Ham and Cheese sandwiches on white bread.	Shredded chicken, broccoli, pita bread.	Pasta, spaghetti sauce, shredded cheese
Each meal includes: <u>Grain, dairy, meat or meat alternative:</u> <u>Vegetables and Fruit</u>	Carrots	Corn	Apple sauce	Mixed Vegetables	Carrots
	Fresh fruit	Fresh fruit	Cucumbers	Fresh fruit	Mixed Fruit cocktail
Afternoon Snack	Plain Yogurt	Tomato slices	Cutie oranges	Apple Slices	Cottage cheese
	Ritz crackers	Animal crackers	Cheeze its	Goldfish	Graham Crackers