

Just A Touch Of Love C.D.C. Menu

Month _____

Week Day	Breakfast	Lunch	Snack
1	Cold Cereal, Banana and milk	Pastrami and Cheddar w/ crackers, Carrot sticks w/ ranch dressing, Oranges, and Milk	Choc. chip cookies and milk
2	Cold cereal, fruit cup and milk	Turkey and Cheese Sandwich, Pickle halves, apples, bread and milk	Teddy Grahams and milk
5	Applesauce, Nutri-grain bar, Milk	Grilled Chicken Salad w/ dressing, fruit cup, croutons and milk	Yogurt and fruit cup
6	Fruit Cup, Muffin and Milk	Tuna salad, peas, oranges, pasta and milk	Graham Cracker and Milk
7	Apples, cold cereal and Milk	Beef frank, corn, fruit cup, hotdog bun and Milk	PB&J sandwich and Milk
8	Pears, Rice Krispies cereal and Milk	Chicken and Cheese wrap, shredded lettuce and tomatoes w/dressing, tortilla shell and Milk	Cinnamon bun and milk
9	Peaches, Nutrigrain bar and Milk	Beef taco Salad w/shredded lettuce, cheese, salsa, tortilla chips, apples and milk	Vanilla wafers and Peanut Butter
12	Mandarin Oranges, Frosted flakes and Milk	MIni Cheese & Pepperoni Pizza, Salad w/ dressing, oranges, and Milk	Rice Krispy Treats and Milk
13	Applesauce, Raisin toast and Milk	Fish Sticks, Tator Tots, Oranges, Wheat Bread and Milk	Cheez Its Crackers and Apple Juice
14	Oranges, french toast sticks and Milk	Cheeseburger sliders, Salad, fruit cup, Hawaiian Roll and Milk	Muffins and Milk
15	Peaches, Frosted Flakes and Milk	Turkey and Cheese w/ crackers, carrot sticks, Apples and Milk	Cheese and Crackers
16	Fresh Fruit, Cold Cereal and Milk	Chicken Pasta Salad, mixed veggies, fruit cup, and Milk	Goldfish and Apple Juice
19	Fruit Cup, Muffin and Milk	Beef Franks, tator tots, fruit cup, hotdog bun and milk	PB&J and Milk
20	Fresh fruit, Cold cereal, and Milk	Mac and cheese, broccoli, pears and milk	Yogurt and fruit cup

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