Month $\qquad$

| Week <br> 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 |

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

Month $\qquad$

| 21 | Fruit cup, Nutrigrain bar and Milk | Cheese pizza, Corn, Apples and Milk | Vanilla Wafer and Milk |  |
| :---: | :---: | :---: | :---: | :---: |
| 22 | Applesauce, Cold cereal and Milk | Ham and cheese sub, lettuce tomato w/ mayo, chips, fruit cup and Milk | Cinnamon Bun and milk |  |
| 23 | Waffles, fruit cup and milk | Chicken patty, Green beans, Apples, Hamburger bun and Milk | Cheese Its andApple Juice |  |
| 26 | Oranges, Cold Cereal and milk | Grilled Chicken Salad w/ dressing, fruit cup, croutons and milk | Cookies and Milk |  |
| 27 | Muffin, Fruit cups and milk | Cheese ravioli w/Marinara sauce, salad w/ dressing, oranges and milk | Goldfish crackers and juice |  |
| 28 | Raisin toast, banana and milk | Beef taco Salad w/shredded lettuce, cheese, salsa, tortilla chips, apples and milk | Teddy graham and milk |  |
| 29 | French toast sticks, fresh fruit, and milk | Tuna casserole, Peas, mandarin oranges, and milk | String cheese, crackers, apple juice |  |
| 30 | Nutrigrain bar, applesauce, milk | Chicken nuggets, French fries, Pears and milk | PB\&J and milk |  |
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Just A Touch Of Love C.D.C. Menu

Month


