**Weekly Menu**

**Week 1**

This is a peanut-free facility

**Monday Tuesday Wednesday Thursday Friday**

**Breakfast**

**PM Snack**

**AM Snack**

**Lunch**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Scrambled Eggs  Fresh Fruit  Low Fat Milk or Water | Mini Pancakes  Fresh Fruit  Low Fat Milk or  Water | Cereal  Fresh Fruit  Low Fat Milk or  Water | Waffles  Fresh Fruit  Low Fat Milk or  Water | Hash Brown Patty  Fresh Fruit  Low Fat Milk or  Water |
| Cucumber Slices  Cheese cubes  Low Fat Milk  or Water | Avocado  Pita Chips  Low Fat Milk  or Water | Fresh Veggies  w/Ranch  String Cheese  Low Fat Milk  or Water | Goldfish Crackers  Applesauce Pouch  Low Fat Milk  or Water | Yogurt w/Fresh Fruit  and Granola  Low Fat Milk or Water |
| Grilled Chicken  Brown Rice  Broccoli  Low Fat Milk  or Water | Ham of Turkey Sandwich  Bell Pepper Slices  Fruit  Low Fat Milk  or Water | Chicken Nuggets  Mixed Fruit  Corn  Low Fat Milk  or Water | Cooked Pinto Beans  Lean Ground Beef  Tomato chunks, Lettuce  Shredded Cheese w/tortilla chips  Fruit  Low Fat Milk or Water | Mini Pizzas w/cheese and sauce  Fresh Veggies w/Ranch  Applesauce Pouch  Low Fat Milk or Water |
| Carrots w/Ranch  Or Fresh Fruit  Crackers  Low Fat Milk or Water | Crackers  String Cheese  Low Fat Milk  or Water | Tomato Slices  Turkey and Cheese Chunks  Low Fat Milk  or Water | Gogurts  Kidney beans  Pita Chips  Low Fat Milk  or Water | Fruit  String Cheese  Low Fat Milk  or Water |