

Week A Menu



Week of:

Weekday	AM Snack	Lunch	PM Snack	Dinner	Vegetarian adjustment	No red meat adjustment
Monday	Multi-grain Bagel with Cream Cheese, Banana and Milk	Meatballs with Dinner roll, Mashed potatoes, and Orange Slices, and Milk	Pretzel and Cheese	Cheese Pizza, Broccoli, Apple Slices, and Milk	No adjustment	No adjustment
Tuesday	Whole wheat waffles with Berries and Milk	Chicken and Cheese tacos, Black Beans, Corn, Pineapple, and Milk	Animal Crackers with Milk	Turkey and Cheese Wraps, Mixed Veggies, Apples Slices and Milk	Replace Chicken with Veggie Crumbles	No adjustment
Wednesday	Blueberry Muffin with Banana and Milk	Chicken nuggets, Mashed Potatoes, Peas, Diced Melon, and Milk	Yogurt and Honey Graham Crackers	Fish Sticks, Green Beans, Orange Slices, and Milk	Replace Chicken with Veggie Nuggets	No adjustment
Thursday	Whole Grain Cereal with Sliced Pears and Milk	Macaroni with Meatballs, Mixed Veggies, Fresh Fruit, and Milk	Saltine crackers with Mild Cheddar Cheese	Chicken and Cheese Quesadilla with Pinto Beans, Pineapple, and Milk	Omit Meat and add Cheese from Pasta	Replace Beef with ground Chicken or ground Turkey
Friday	Multi-grain English Muffin with Fruit Spread, Apples Slices and Milk	Baked Chicken Pasta with Garden Salad with Dressing, Oranges, and Milk	Pretzel Thins and Milk	Steak Fingers with French Fries, Green Beans, Orange, and Milk	Replace Steak Fingers with Veggie Nuggets	No adjustment

Week B Menu



Week of:

Weekday	AM Snack	Lunch	PM Snack	Dinner	Vegetarian adjustment	No red meat adjustment
Monday	Pancakes with apple slices and Milk	Turkey and Cheese Sandwiches, Carrots with Ranch, Bananas and Milk	Pretzles and Milk	Chicken Sandwich with Broccoli, Pineapple, and Milk	Remove Turkey & Replace with Grilled Cheese	No adjustment
Tuesday	Cheerios with Bananas and Milk	Teriyaki Chicken with Rice with Corn and Pineapple	Yogurt and Graham Crackers	Cheeseburgers with French Friess, Oranges, and Milk	Replace Chicken with Beans	No adjustment
Wednesday	Waffles with Apples and Milk	Cheeseburgers with Mixed Veggies and Oranges	Saltines and Cheese	Chicken & Cheese Tacos with Pinto Beans, Apple Slices and Milk	Use Veggie patty instead of Beef	Use Chicken, Turkey or Veggie patties
Thursday	Biscuit with Turkey Sausage and Fresh Fruit and Milk	Macaroni and Cheese with Corn, Apples, and Milk	Animal Crackers and Milk	Fish Sticks, Green Beans, Orange Slices, and Milk	Replace Sausage with Sun Butter	No adjustment
Friday	Cinnamon Toast with Bananas	Meatballs with Pasta, and Apple Wedges, Mixed veggies and Milk	Graham Crackers and Milk	Cheese Pizza, Broccoli, Apple Slices, and Milk	Remove Meatballs	No adjustment

Week C Menu



Week of:

Weekday	AM Snack	Lunch	PM Snack	Dinner	Vegetarian adjustment	No red meat adjustment
Monday	Whole Grain Bagel with Cream Cheese, Strawberries and Milk	Meatballs with Dinner roll, Mashed potatoes, and Orange Slices, and Milk	Pretzel Thins with Hummus	Cheese Pizza, Broccoli, Apple Slices, and Milk	Replace Meatballs with Grilled cheese sandwich	No adjustment
Tuesday	Cereal with Milk and Bananas	Turkey and Cheese Wraps, Mixed Veggies, Apples Slices and Milk	Animal Crackers and Milk	Chicken and Cheese tacos, Black Beans, Corn, Pineapple, and Milk	Remove Turkey	No adjustment
Wednesday	Whole Wheat Cheese Toast with Apple slices and Milk	Chicken nugget, Mashed potatoes, Corn, Melon and Milk	Teddy grahms and Yougurt	Barbeque Chicken Sandwich, Green Beans, Orange Slices, and Milk	Replace Chicken nugget with Cheese sandwich	No adjustment
Thursday	Pancakes with Fresh Fruit and Milk	Chicken Pasta Bake (chicken, macaroni, marinara sauce, shredded cheese) and Chopped salad, Oranges, and Milk	String Cheese and Saltine Crackers	Corn Dogs, with French Fries, Pineapple, and Milk	Omit Chicken	No adjustment
Friday	French Toast Sticks with Bananas and Milk	Chicken & Cheese Quesadilla, Pinto Beans, Pineapple, and Milk	Graham Crakers and Milk	Fish Sticks, Mashed Potatoes, Green Beans, Orange, and Milk	Omit Chicken	No adjustment

Week D Menu



Week of:

Weekday	AM Snack	Lunch	PM Snack	Dinner	Vegetarian adjustment	No red meat adjustment
Monday	Whole Grain English Muffin with Cream Cheese and Milk	Teriyaki Chicken with Rice, Broccoli, Pineapple, and Milk	Animal Crackers and Milk	Turkey and Cheese Sandwiches, Carrots with Ranch, Bananas and Milk	Replace Chicken with Veggie Crumbles	No adjustment
Tuesday	French Toast and Milk	Macaroni & Cheese with Beef Crumbles, Mixed Veggies, Oranges and Milk	Pretlezes and String Cheese	Fish Sticks, Green Beans, Orange Slices, and Milk	Replace Sausage and Beef with Veggie Sausage	Replace Beef with Chicken
Wednesday	Cereal with Milk	Chicken & Cheese Tacos with Pinto Beans, Apple Slices and Milk	Saltine Crackers with Cheddar Cheese	Cheeseburgers with French Fries, Oranges, and Milk	Replace Chicken with Veggie Crumbles	No adjustment
Thursday	Blueberry Muffins with Bananas and Milk	Barbeque Chicken Sandwich, Green Beans, Orange Slices, and Milk	Graham Crackers with Milk	Chicken and Cheese Quesadilla with Pinto Beans, Pineapple, and Milk	Replace Chicken with Veggie Patty	No adjustment
Friday	Waffles with Apple Slices and Milk	Fettucini Alfredo, Corn, Garlic Toast, Bananas, and Milk	Yogurt and Crackers	Steak Fingers with French Fries, Orange, and Milk	Replace Egg with Sun Butter	No adjustment