




Monday	Tuesday	Wednesday	Thursday	Friday
31)AM: Cereal Bars & fruit L: Red beans and rice, southwest corn, fruit PM: Cheez its V: Bean and cheese tostadas	1)AM: Pancakes w/ syrup L: "Fried" Chicken strips, tots, green beans, fruit PM: Goldfish V: Veggie patty	2)AM: Cereal w/ milk L: Quesadillas, beans, corn, fruit PM: Hummus & crackers V: Quesadilla	3)AM: Yogurt parfait L: Pizza, peas & carrots, fruit PM: Apple slices or apple sauce V: Cheese pizza	4) AM: Waffles w/ syrup L: DIY Lunchables, cucumber, fruit PM: Nut free trail mix V: DIY Lunchables (egg protein)
7)AM: English Muffins w/ Jelly L: Sweet & Sour meatballs, rice, fruit PM: Nilla Wafers V: Meatless alternative	8) AM: Eggs w/ toast L: Steak Fingers, mashed potato, fruit PM: Cubed cheese and crackers V: veggie nuggets	9)AM: Cereal w/milk L: Veggie hummus wraps, sweet potatoes, fruit PM: Animal crackers V: Veggie hummus wraps	10)AM: French toast L: Chicken fried rice, mixed veggies, fruit PM: Ritz & hummus V: Veggie fried rice	11) AM: Graham crackers & apple sauce L: Mac & Cheese, mixed veggie fruit PM: Pretzels V: Mac & cheese
14) AM: Yogurt w/ bananas L: Alfredo Pasta, broccoli, fruit PM: Teddy grahams V: Alfredo pasta	15) AM: Biscuits w/ jelly L: Chicken wraps, smiley fries, fruit PM: cereal bars V: cheese pizza	16) AM: Over night oats L: Bean and cheese tostada, corn, fruit PM: Nut Free Trail mix V: quesadilla	17) AM: Pancakes w/ syrup L: Chickpea pasta salad, mixed veggies, fruit PM: Cheezits V: Chick pea pasta salad	18) AM: Cereal w/ milk L: Cheese Lasagna, veggies , fruit PM: Veggie Straws V: cheese lasagna
21) AM: English muffins w/ jelly L: Spaghetti, mixed veggies, fruit PM: Cheese & crackers V: mac & cheese	22) AM: Waffles w/ syrup L: Fish sticks, yams, fruit PM: Nilla Wafers V: veggie alternative	23) AM: French toast L: Grilled cheese, baked chips, fruit PM: Pretzels V: grilled cheese	24) AM: Graham crackers & apple sauce L: Chicken nuggets, fries, fruit PM: Goldfish V: veggie nuggets	25) AM: Cereal w/ milk L: Pizza, winter mix, fruit PM: Goldfish V: veggie nuggets
28) AM: Cereal Bars & fruit L: Cheese Ravioli, mixed veg, fruit PM: Nut free trail mix V: Cheese Ravioli	29) AM: Cereal w/milk L: Cowboy caviar, mixed veggies, cracker, fruit PM: Animal crackers V: Cowboy Caviar	30) AM: Over night o ats L: Mac & cheese, mixed veg, fruit PM: Sugar free wafers V: Mac & cheese		

Milk is served with Breakfast & Lunch Water is served throughout the day AM= 9:00am morning snack L=11:30am Lunch PM= 3:00pm Afternoon snack