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| Meals | Monday | Tuesday | Wednesday | Thursday | Friday |
| **WEEK 1/A**  **Breakfast**  **Lunch**  **Snack** | Multi-grain Bagel, cream cheese, peaches & water  Cheese ravioli in red sauce, broccoli, apple slices & milk  Orange Slices, pretzel thins & water | Whole wheat waffles with powdered sugar, berries & milk  Chicken and cheese tacos, black beans, bell pepper slices & milk  V: Veggie tacos  Fig newtons & water | Rice Cakes with sun butter & milk  Chicken nuggets, corn, diced melon, crackers & milk  V: Veggie nuggets  Yogurt, apple slices & water | Oatmeal, strawberries & milk  Cheese Lasagna, chopped salad (lettuce, tomato, shredded carrot) with dressing, pineapple & milk  Whole wheat crackers, cheddar cheese & water | English muffin with fruit spread, apple slices & milk  Fish sticks, mashed potatoes, orange slices & milk  V: Veggie Nuggets  Mixed fresh fruit, goldfish & water |
| **WEEK 2/B**  **Breakfast**  **Lunch**  **Snack** | Whole wheat toast, bananas & milk  Grilled Cheese Sandwich, pineapple, broccoli & milk  Cheese sticks, whole wheat crackers & water | Vanilla Yogurt, apple slices & milk  Turkey and cheese wrap, cucumber slices, applesauce & milk  Bread sticks, marinara sauce & water | Refried bean and cheese burrito & milk  Chicken patty on bun, sweet potato fries, chopped garden salad & milk  V: Veggie patty  Graham crackers, yogurt & water | Biscuit, pears & milk  Macaroni and cheese with diced chicken, green beans, mandarin oranges & milk  V: Macaroni and cheese  Pinwheels: tortilla, whipped cream cheese and fruit spread & water | Cinnamon toast, peaches & milk  Taco bowl (rice, black beans, corn, diced tomato, cheese), apple slices & milk  Mixed fresh fruit, whole wheat crackers & water |

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| Meals | Monday | Tuesday | Wednesday | Thursday | Friday |
| **WEEK 3/C**  **Breakfast**  **Lunch**  **Snack** | Whole grain bagel, fruit spread & milk  Fish sticks, mashed potatoes, orange slices & milk  Pretzel things, hummus & water | Cereal with milk, bananas & water  Cheese pizza, broccoli, applesauce & milk  Tortilla chips, salsa & water  (Substitute tortilla for under 2 years) | Whole wheat cheese toast, melon & milk  Homemade chicken salad, cucumbers, peaches & milk  V: Veggie nuggets  Bell pepper slices, ranch dip & water | Oatmeal, strawberries & milk  Chicken pasta bake (chicken, macaroni, tomato sauce, cheese), green beans, apple slices & milk  V: Grilled cheese  Saltine crackers, sun butter & water | Waffles with powdered sugar, berries & milk  Cheese quesadilla, corn, pineapple & milk  Mixed fresh fruit, pretzel thins & water |
| **WEEK 4/D**  **Breakfast**  **Lunch**  **Snack** | Whole Grain English Muffin with Sun Butter & Milk  Chicken patty, mashed potatoes, pineapple & Milk  V: Veggie Patty  Pinwheels: Tortilla, whipped cream cheese, fruit spread & water | Whole wheat cheese toast, apple slices & Milk  Cheeseburger pasta bake (macaroni, meat sauce, cheese), peas, mandarin oranges & Milk  V: Veggie nuggets  Hummus, pita bread & water | Cheerios, Yogurt & Milk  Chicken soft tacos (tortilla, seasoned chicken, lettuce, tomato, cheese), apple slices & Milk  V: Black Bean tacos  Whole wheat crackers, cheddar cheese & water | Pancakes, Bananas & Milk  Tomato Soup, Whole Grain Grilled Cheese Sandwich, Peaches & Milk  Apple Slices, sun butter & water | Whole Grain Cinnamon Toast, Oranges & Milk  Fettuccini alfredo, green beans, diced melon & Milk  Veggie straws, mixed fruit & water |

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| Meals | Monday | Tuesday | Wednesday | Thursday | Friday |
| **WEEK 5/A**  **Breakfast**  **Lunch**  **Snack** | Multi-grain Bagel, cream cheese, peaches & water  Cheese ravioli in red sauce, broccoli, apple slices & milk  Orange Slices, pretzel thins & water | Whole wheat waffles with powdered sugar, berries & milk  Chicken and cheese tacos, black beans, bell pepper slices & milk  V: Veggie tacos  Fig newtons & water | Rice Cakes with sun butter & milk  Chicken nuggets, corn, diced melon, crackers & milk  V: Veggie nuggets  Yogurt, apple slices & water | Oatmeal, strawberries & milk  Cheese Lasagna, chopped salad (lettuce, tomato, shredded carrot) with dressing, pineapple & milk  Whole wheat crackers, cheddar cheese & water | English muffin with fruit spread, apple slices & milk  Fish sticks, mashed potatoes, orange slices & milk  V: Veggie Nuggets  Mixed fresh fruit, goldfish & water |