

2885 Waterbend Cove, Spring, TX – 77386

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal w/ Milk	Fruit Yogurt	Cereal w/ Milk	Fruit Yogurt	Cereal w/ Milk
AM Snack	Cinnamon Raisin Toast	Rice Cakes Apple Butter	Whole Grain Pancakes w/ Bananas	Bagel w/ Cream Cheese	Fresh Baked Fruit Muffins
Lunch	Cheese Pizza Fresh Mixed Vegetables w/ Ranch Dip Orange Slices Milk	Grilled Chicken Nuggets+ Mashed Potatoes Green Beans Pineapples Milk +Veggie Nuggets	Spaghetti w/ Meat Sauce Corn Mixed Fruit Milk +Veggie Crumble	Chicken and Rice Casserole+ Peas & Carrots Peaches Milk +Veggie Crumble	Cheeseburger on Whole Wheat Bun Fresh Carrots w/ Ranch Dip Bananas Milk +Veggie Burger
PM Snack	Nutri Grain Bars	Pretzels Apple slices	Animal Crackers w/ Cinnamon Applesauce	Fresh Baked Oatmeal Raisin Cookies	Raspberry or Blueberry Fig Bars

- Water is served with all meals
- * Variety of cereals offered for school age
- + Vegetarian options available



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Breakfast	Cereal w/ Milk	Fruit Yogurt	Cereal w/ Milk	Fruit Yogurt	Cereal w/ Milk
AM Snack	Buttermilk Biscuits w/ Turkey Sausage+ +Veggie Patty	Fresh Baked Fruit Muffins	Whole Wheat Cinnamon Toast Bananas	Whole Grain English Muffins Apple Butter	Whole Grain Waffles w/ Strawberry Preserves
Lunch	Fish Sticks Macaroni & Cheese Peas & Carrots Peaches Milk +No Fish Sticks	Soft Chicken Tacos Mixed Salad w/Ranch Mandarin Oranges Milk	Black Beans & Rice Cornbread Muffins Peaches Milk +Vegetarian Refried Beans	Chicken Strips+ Mashed Potatoes Green Beans Mixed Fruit Milk +Veggie Eggrolls	Turkey & Cheese Roll-Ups Mixed Veggies w/ Ranch dip Fresh Orange Slices Milk +Cheese Sandwich
PM Snack	Wheat Crackers Orange slices	American Cheese Slices & Ritz Crackers	Goldfish Crackers	Graham Crackers & Apple Slices	Soft Fruit Cereal Bar

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	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Fruit Cereal w/ Milk	Fruit Yogurt	Fruit Cereal w/ Milk	Fruit Cereal w/ Milk	Fruit Yogu rt
AM Snack	French Toast Stick Apple Slices	Fresh Baked Fruit Muffins	English Muffin w/ Turkey Sausage+ +Veggie Patty	Bagels w/Strawberry Fruit Spread	Whole Wheat Cheddar Cheese Toast
Lunch	Grilled Chicken Sandwich Whole Wheat Bun + Tossed Salad w/ Dressing Tropical Fruit Milk +Veggie Burger	Beef Taco+ Vegetarian Refried Beans Pineapple Milk +Veggie Crumble Taco	Grilled Cheese Sandwich Fresh Mixed Vegetables w/ Ranch Dip Banana Milk	Chicken Alfredo+ Peas & Carrots Peaches Milk +Veggie Nuggets	Shepherd's Pie with Mixed Veggies+ Orange Slices Milk + w/o beef crumble
PM Snack	Carrots w/ Ranch & Mozzarella Cheese Sticks	Whole Grain Pretzels Apple Slices	Graham Crackers w/ Apple Butter Spread	Fresh Baked Chocolate Chip Cookies	Nutri Grain Bars

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