

MENU

WEEK A



	A.M. SNACK	BREAKFAST	LUNCH	P.M. SNACKS
MON	Cereal or granola	Cereal w/Milk and bananas	Chicken & cheese tacos, black beans, peaches	2:30-Bell peppers w/ hummus 5:00-Nilla wafers
TUE	Cereal or granola	Pancakes w/ peaches	Grilled cheese, tomato soup, pears	2:30- Apples w/ sun butter 5:00- Gold Fish
WED	Cereal or granola	Yogurt w/ blueberries	Turkey Meatballs, Mashed potato strawberries	2:30-Veggies w/ ranch, 5:00-Animal Crackers
THU	Cereal or granola	Muffins, Pears	Teriyaki Chicken w/Rice, Carrots, Pineapple	2:30- Fruit jello 5:00- Wheat Thins w/Hummus
FRI	Cereal or granola	Waffles w/syrup, pears	Turkey chili, cornbread, apples	2:30- Strawberries w/yogurt 5:00- Graham Crackers

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WEEK B



	A.M. SNACK	BREAKFAST	LUNCH	P.M. SNACKS
MON	Cereal or granola	Yogurt w/ bananas	Teriyaki chicken, rice, steamed carrots, pinapples	2:30-Naan bread w/ hummus 5:00-Veggie straws
TUE	Cereal or granola	Avocado toast, apples	Lasagna, green beans, pears	2:30- String cheese, wheat thins 5:00- Animal crackers
WED	Cereal or granola	French toast sticks, pears	Turkey & cheese roll ups, cucumbers, oranges	2:30-Cottage cheese, peaches, 5:00- Goldfish
THU	Cereal or granola	Overnight oats w/ blueberries	Fish sticks, peas, fruit cocktail	2:30- Applesauce, crackers 5:00- Nilla wafers
FRI	Cereal or granola	Biscuits, turkey sausage, strawberries	Grilled chicken nuggets, brocolli, peaches	2:30- Cantaloupe, pretzels 5:00- Rice crisps

MENU

WEEK C



	A.M SNACK	BREAKFAST	LUNCH	P.M. SNACKS
MON	Cereal or granola	Bagels w/ cream cheese, blueberries	Turkey meatballs, rice, green beans	2:30-Cottage cheese, wheat thins 5:00- Sun chips
TUE	Cereal or granola	Eggs w/ hashbrown, strawberries	Chicken alfredo w/ broccoli, pears	2:30- Black bean dip, pita chips 5:00- Pirates booty
WED	Cereal or granola	Pancakes, turkey bacon, oranges	Cheese pizza, broccoli, peaches	2:30- Cheese sticks, apples 5:00- Teddy grahams
THU	Cereal or granola	Toast w/ sunbutter, bananas	Chicken nuggets, pasta salad, applesauce	2:30- Chips and guac 5:00- Chex mix
FRI	Cereal or granola	Refried bean & cheese breakfast tacos, strawberries	Sheperds pie, fruit cocktail	2:30- Veggies w/ranch 5:00- Bugels