

# Week A Menu



Week of:

Weekday	AM Snack	Lunch	PM Snack
Monday	Multi-grain Bagel with Low-Fat Cream Cheese	Cheese Pizza, Broccoli, Apple Slices	Orange slices and Pretzel Thins
Tuesday	Whole wheat waffles with powdered sugar and berries	Chicken and Cheese soft tacos, Black Beans and Whole Kernel Corn	Warm Naan Bread with Hummus
Wednesday	Blueberry Muffin with Banana	Chicken nuggets, Spanish rice, Peas, and diced melon	Yogurt and Honey Graham Squares
Thursday	Kix® Cereal with Sliced Pears	Macaroni with meat sauce, Chopped Garden salad (lettuce, tomato, shredded carrot) with dressing, fresh fruit	Whole wheat crackers with mild Cheddar cheese
Friday	Multi-grain English Muffin with 100% Fruit Spread and Apple slices	Fish Sticks, Mashed Potatoes, Green Beans, Orange slices	Mixed Fresh Fruit with Whole Wheat Gold Fish

Vegetarian adjustment	No red meat adjustment
No adjustment	No adjustment
Replace Chicken with Veggie crumbles	No adjustment
Replace Chicken with Veggie nuggets	No adjustment
Omit meat and add Cheese to pasta	Replace Beef with ground Chicken or ground Turkey
Replace Fish sticks with Veggie nuggets	No adjustment