



Milk and water are provided for a Power Snack and Lunch; Water is provided for Afternoon Snack.

Cereal and Milk are served from 6:30 am - 7:30 am

MENU

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
POWER SNACK	Multi-grain Bagel with Low-Fat Cream Cheese	Whole Wheat Waffles w/ Powdered Sugar & Berries	Toast with Sun-butter and Jelly	Overnight Oats with Toppings	Cereal and Bananas
LUNCH	Cheese Pizza Broccoli Apple Slices	Chicken and Cheese Soft Tacos Black Beans Applesauce	Chicken Nuggets Spanish Rice w/ Veggies Peaches	Macaroni w/ Meat Sauce Chopped Salad Pineapples	Fish Sticks Green Beans Orange Slices
AFTERNOON SNACK	Pretzel Thins	Crackers with Hummus	Yogurt & Honey Graham Squares	Whole Wheat Crackers Cheddar cheese	Whole Wheat Goldfish

WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
POWER SNACK	Cereal Bars	Vanilla Yogurt w/ Diced Apples	Toast & Jelly	Biscuit w/ Turkey Sausage	Cinnamon Toast w/ Fruit
LUNCH	Chicken Mashed Potatoes Pineapple	Turkey and Cheese Wraps French Fries Peaches	Corndogs Pinto Beans Applesauce	Macaroni & Cheese Green Beans Mandarin Oranges	Chicken Taquitos Spanish Rice Pears
AFTERNOON SNACK	Cheese Sticks with Whole Wheat Crackers	Trail Mix	Graham Crackers with Vanilla Pudding	Veggie Straws	Pirate Booty Popcorn

WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
POWER SNACK	Whole Grain Bagel with Cream Cheese	Cereal Bananas	Whole Wheat Cheese Toast	Pancakes Applesauce	French Toast Sticks Berries
LUNCH	Fish Sticks French Fries Mixed Fruit	Cheese Pizza Broccoli Applesauce	Steak Fingers Mashed Potatoes Pears	Chicken Pasta Bake Chopped Salad Pineapples	Cheese Quesadilla Black Beans Corn or Peaches
AFTERNOON SNACK	Chex Mix	Cheez- Its	Fig Bars	Saltines & Sun-butter	Tiger Bites

WEEK FOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
POWER SNACK	Whole Grain English Muffin w/ Sun-butter	Turkey Sausage Biscuits	Cereal	Blueberry Muffins	Fruit Cereal Bars
LUNCH	Teriyaki Chicken Broccoli w/ Rice Pineapple	Cheeseburger Pasta Sweet Peas Mandrian Oranges	Chicken Soft Tacos Pinto Beans Mixed Fruit	BBQ Chicken Sandwich Baked Beans Peaches	Ravioli Green Beans Applesauce
AFTERNOON SNACK	Animal Crackers	Goldfish	Whole Wheat Crackers w/ Cheddar Cheese	Nilla Wafers	Cheese Balls

WEEK FIVE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
POWER SNACK	Pigs In a Blanket	Cereal Bananas	Yogurt	Oatmeal Bars	French Toast Sticks w/ Powdered Sugar
LUNCH	Cheese Pizza Broccoli Mixed Fruit	Mac & Cheese Green Beans Mandarin Oranges	Turkey Cheese Wraps Fries Pineapple	Mini Corn Dogs Baked Beans Applesauce	Fish Sticks Pinto Beans Peaches
AFTERNOON SNACK	Pretzel Thins	Tiger Bites	Goldfish	Cheese and Crackers	Fig Bars