

	Week 1	Week 2	Week 3	Week 4
Mon	Breakfast	Breakfast	Breakfast	Breakfast
	Yogurt & Fruit	English Muffin w/ fruit spread	Pancakes w/syrup	Biscuits w/bacon
	Lunch	Lunch	Lunch	Lunch
	Hamburger w/Whole Grain Bun, Crispy Fries, Fresh Oranges	English Muffin Pizza, Fresh Salad, Mandarin Oranges	Chicken Tenders, Tator Tots, Mixed Fruit	Cheese Burgers w/whole grain buns, carrots, pineapples
	PM Snack	PM Snack	PM Snack	PM Snack
	Whole Grain Cheese Crackers	Whole Grain Cheese Crackers	Whole Grain Cheese Crackers	Fig Bars
Tue	Breakfast	Breakfast	Breakfast	Breakfast
	Cereal, Fresh Bananas	Waffles w/ syrup	Cereal w/ Fresh Bananas	Cereal w/fresh banana
	Lunch	Lunch	Lunch	Lunch
	Fish Sticks, Broccoli Vegetable Blend, Pineapples	Chicken Alfredo , Green Beans, Apple Sauce	Mini Corn Dogs, Crispy Fries, Fresh Oranges	Chicken Alfredo, Green Beans, peaches
	PM Snack	PM Snack	PM Snack	PM Snack
	Whole Grain Cereal Bars	Whole Grain Pretzel Sticks	Veggie Sticks	Whole Grain Cereal Bars
Wed	Breakfast	Breakfast	Breakfast	Breakfast
	Waffles w/ syrup	Biscuit w/ Bacon	Bagels w/ cream cheese	Waffles w/ syrup
	Lunch	Lunch	Lunch	Lunch
	Chicken Nuggets, Beans, Fruit Cocktail	Marconi & Cheese, Carrots, Pineapple	Spaghetti with tomato sauce & meatballs, Fresh Salad, pineapples	Chicken Nuggets, Corn, Pears
	PM Snack	PM Snack	PM Snack	PM Snack
	Vanilla Wafers	Veggie Sticks	Whole Grain Graham Crackers	Fresh Apples w/ cheese cubes
Th	Breakfast	Breakfast	Breakfast	Breakfast
	Whole Grain Cereal Bars	Whole Grain Cereal w/milk & Fresh Bananas	Yogurt & Fruit	Whole Grain Cinnamon Toast
	Lunch	Lunch	Lunch	Lunch
	Chicken Sandwich, Mixed Veggies, Pears	Steak Fingers, Mashed Potatoes, Peaches	Cheese Quesadilla, Beans, Applesauce	Turkey Roll Up, Crispy Fries, Apple Sauce
	PM Snack	PM Snack	PM Snack	PM Snack
	Whole Grain Graham Crackers	String Cheese w/ Whole Grain Crackers	Whole Grain Animal Crackers	Vanilla Wafers w/ Sun Butter
Fri	Breakfast	Breakfast	Breakfast	Breakfast
	Pancakes w/ syrup	French Toast Sticks	French Toast Sticks	Pancake on a Stick
	Lunch	Lunch	Lunch	Lunch
	Burritos, Corn, Apple Sauce	Eggs, Blueberry Muffins, Sausage	Grilled Ham & Cheese Sandwich on whole grain bread, Corn, Peaches	English Muffin Pizza, Fresh Salad, Mixed Fruit
	PM Snack	PM Snack	PM Snack	PM Snack
	Whole Grain Pretzel Sticks	Trail Mix	Trail Mix	Trail Mix

*Week five we will try new menu items and the menu for that week will be posted separately