



## Week A Menu

Weekday	Snack 1	Lunch	Snack 2
Monday	Multi-grain Bagel with 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 Red Bell Pepper slices	Warm Naan Bread with Hummus
Wednesday	Rice Cakes with Sun Butter and 100% Fruit Spread	Chicken nuggets, Spanish rice with peas and corn, diced melon	Yogurt and Apple Slices
Thursday	Overnight Oatmeal with Toppings	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

# Week B Menu

Weekday	Snack 1	Lunch	Snack 2
Monday	Whole wheat toast with 100% Fruit Spread and Bananas	Teriyaki Chicken with Broccoli and Rice with Pineapple	Cheese Sticks with Whole Wheat Crackers
Tuesday	Vanilla Yogurt and Apple Slices	Turkey and Cheese Wraps, Cucumber slices with Ranch, Pretzel Thins	Bread sticks with Marinara Sauce
Wednesday	Refried Bean and Cheese breakfast Tacos	Cheeseburgers, sweet potato fries and chopped Garden Salad	Graham Crackers with Orange Slices
Thursday	Biscuit with Turkey Sausage	Macaroni and Cheese with diced Chicken, Green Beans and Mandarin Oranges	Pinwheels: Tortilla, whipped cream cheese and 100% fruit spread.
Friday	Cinnamon Toast with Hard Boiled Egg	Taco Bowl: Spanish Rice, Black Beans, Corn, Diced Tomato, Shredded Cheese with Apple Slices	Mixed Fresh Fruit with Pirate Booty

Vegetarian adjustment	No red meat adjustment
Replace Chicken with Veggie Crumbles	No adjustment
Replace Turkey with Hummus	No adjustment
Use Veggie patty instead of Beef	Use Chicken, Turkey or Veggie patties
Replace Sausage with Sun Butter, omit Chicken	No adjustment
Replace Egg with Yogurt	No adjustment

# Week C Menu

Weekday	Snack 1	Lunch	Snack 2
Monday	Whole Grain Bagel with Cream Cheese	Fish Sticks, Mashed Potatoes, Green Beans, Orange Slices	Pretzel Thins with Hummus
Tuesday	Rice Chex with Milk and Bananas	Cheese Pizza, Broccoli, Applesauce (No added sugar)	Tortilla chips with warm refried beans and cheese (soft corn tortillas for under 2)
Wednesday	Whole Wheat Cheese Toast, Mellon	Egg and Cheese omelets, Blueberry Muffins, Turkey Sausage Patties	Cucumber and Bell Pepper slices with Yogurt Ranch Dip
Thursday	Overnight Oatmeal with Toppings	Chicken Pasta Bake (chicken, macaroni, marinara sauce, shredded cheese) and chopped salad (lettuce, tomato, shredded carrot, dressing)	Saltines with Sun Butter, Orange Slices
Friday	French Toast Sticks with Powdered Sugar and Berries	Cheese Quesadilla, Diced Avocado, Black Beans and Corn	Mixed Fresh Fruit with Pretzel Thins

Vegetarian adjustment	No red meat adjustment
Replace Fish sticks with Veggie nuggets	No adjustment
No adjustment	No adjustment
Replace Turkey Sausage with Veggie Sausage	No adjustment
Omit chicken	No adjustment
No adjustment	No adjustment

# Week D Menu

Weekday	Snack 1	Lunch	Snack 2
Monday	Whole Grain English Muffin with Sun Butter	Teriyaki Chicken, Broccoli with Rice, Pineapple	Pinwheels: Tortilla, whipped cream cheese, 100% Fruit Spread
Tuesday	Turkey Sausage Kolaches	Cheeseburger Pasta Bake, Sweet Peas, Mandarin Oranges	Bread sticks with Marinara
Wednesday	Yogurt and Kix Cereal	Chicken Soft Tacos (Tortilla, Seasoned Chicken, Lettuce, Tomato, Cheese) Pinto Beans, Apple Slices	Whole Wheat Crackers with Mild Cheddar Cheese
Thursday	Blueberry Muffins with Bananas	Barbeque Chicken Sandwich, Pickles, Baked Beans, Orange Slices	Apple Slices with Sun Butter
Friday	Eggs and Biscuits	Fettucini Alfredo, Green Beans, Garlic Toast, Diced Melon	Mixed Fresh Fruit with Veggie Straws

Vegetarian adjustment	No red meat adjustment
Replace Chicken with Veggie Crumbles	No adjustment
Replace Sausage and Beef with Veggie Sausage	Replace Beef with Chicken
Replace Chicken with Veggie Crumbles	No adjustment
Replace Chicken with Veggie Patty	No adjustment
Replace Egg with Sun Butter	No adjustment