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|  | **Week A** | **Week B** | **Week C** |
| **Mon** | **6:45 am Early AM Snack** Apple and Cheese Stick**9:15 AM Breakfast**Sausage {Egg} and Biscuit, Milk**Lunch**Whole Grain Pollock Fish Sticks, Green Beans, Diced Peaches, Water**PM Snack:** Banana and Whole Grain Crackers, Milk | **6:45 am Early AM Snack** Multigrain Oat Cereal, Milk**9:15 AM Breakfast**Breakfast Tacos w/ Egg & Cheese & Salsa, Milk**Lunch**Meat Lasagna {Veggie Lasagna}, Buttered Carrots, Water**PM Snack:** Whole grain soft Pretzels, Plain Yogurt | **6:45 am Early AM Snack** Whole Grain Lemon Muffins**9:15 AM Breakfast**Whole Grain French Toast Sticks, Milk**Lunch**Chicken Nuggets {Corn Nuggets}, Mashed Potatoes, Pineapple**PM Snack:** Veggie Straws,  |
| **Tues** | **6:45 am Early AM Snack** Whole Grain Bread w/ Butter**9:15 AM Breakfast**Multigrain Oat Cereal, Milk**Lunch**Whole Grain Mac &Cheese, Mixed Salad, Apples, Water**PM Snack:** Whole Grain Lemon Muffins | **6:45 am Early AM Snack** Yogurt & Whole Grain Crackers**9:15 AM Breakfast**English Muffins w/ Garden Veggie Cream Cheese, Milk**Lunch**Turkey {Beans} & Cheese Quesadilla, Cucumbers, Water**PM Snack**: Apple, Veggie Straws | **6:45 am Early AM Snack** Multigrain Oat Cereal, Milk**9:15 AM Breakfast**Sausage Kolaches {Bagels w/ Cream Cheese}, Milk**Lunch**Bean-Cheese-Vegetable Soup, Buttered Toasts, Mixed Fruit**PM Snack:** Sun Butter, Vanilla Wafers, Milk |
| **Wed** | **6:45 am Early AM Snack** Applesauce cups**9:15 AM Breakfast**Whole Grain Waffles & Chicken {Sun Butter & Honey}**Lunch**Whole Grain Steak Fingers {Egg Veggie Spring Rolls}, Mashed Potatoes, Oranges, Milk**PM Snack:** Fresh Fruit & Cheese Sticks | **6:45 am Early AM Snack** Multigrain Fruit Bar**9:15 AM Breakfast**Multigrain Granola & Plain Yogurt Parfait**Lunch**Meatballs {Tofu} & Spaghetti, Milk**PM Snack:** Whole Grain Lemon Muffins | **6:45 am Early AM Snack** Orange & Cheese Stick**9:15 AM Breakfast**Oatmeal, Milk**Lunch**Bean and Cheese Whole Grain Burritos, Apples, Water**PM Snack:** Whole Grain Cheese Crackers, Fresh Fruit |
| **Thurs** | **6:45 am Early AM Snack** Yogurt & Whole Grain Crackers**9:15 AM Breakfast**Oatmeal, Milk**Lunch**Whole Grain Grilled Cheese w/ riced Vegetable mix, Pineapple, Water**PM Snack:** Whole Grain Cheese Crackers, Fresh Fruit | **6:45 am Early AM Snack** Apple & Cheese Stick**9:15 AM Breakfast**Bacon Strips {Egg} & Whole Grain Toast, Milk **Lunch**Breaded Chicken tenders {Tofu}, Biscuits, Gravy, Mixed Fruit, Water**PM Snack:** Rice Cakes & Oranges | **6:45 am Early AM Snack** Multigrain Fruit Bar**9:15 AM Breakfast**Whole Grain Waffle, Strawberry Puree & Whipped Cream(dairy), Milk**Lunch**Vegetable Fried Rice, Egg Spring Rolls, Apples, Milk**PM Snack:** Fresh Pear, Soft Pretzels |
| **Fri** | **6:45 am Early AM Snack** Multigrain Fruit Bar**9:15 AM Breakfast**Whole Grain Pancakes w/ Natural Honey, Milk**Lunch**Whole Grain Cheese Stuffed Bead stick, Mixed Salad, Oranges**PM Snack:** Cucumber and Hummus | **6:45 am Early AM Snack** Applesauce cups**9:15 AM Breakfast**DIY Breakfast Pizza w/ mini whole grain Naan, Egg, Cheese**Lunch**Grilled Chicken Sandwich {Veggie Burger}, Tater Tots, Orange, Water**PM Snack:**Pita Chips & Hummus | **6:45 am Early AM Snack** Yogurt & Whole Grain Crackers**9:15 AM Breakfast**Breakfast Tacos w/ Egg & Cheese & Salsa, Milk**Lunch**Cheese Pizza, Mixed Salad, Pineapple, Water**PM Snack:** Whole Grain Cheese Crackers, Banana |