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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 |