

# Week A Menu



Date: \_\_\_\_\_

| Weekday   | Snack 1  | Lunch  | Snack 2                                   | Vegetarian Adjustment                          |
|-----------|--|--|---|--|
| Monday    | Multi-Grain Bagel with Cream Cheese                    | Cheese Pizza, Broccoli, Fruit Cocktail, Milk                         | Orange Slices and Veggie Straws           | No Adjustment                                  |
| Tuesday   | Whole Wheat Waffles with syrup and Bananas             | Cheese Quesadilla, Red Bell Pepper Slices w/ Ranch, Applesauce, Milk | Blueberry Belvita Bar                     | No Adjustment                                  |
| Wednesday | Cheerios and Yogurt                                    | Chicken Nuggets, Peas, Corn and Carrot Medley, Diced Melon, Milk     | Nilla Wafers and Apple Slices             | Replace Chicken with Veggie Nuggets            |
| Thursday  | Oatmeal with Toppings                                  | Macaroni with Meat Sauce, Cauliflower Medley, Pineapple, Milk        | Saltine Crackers with Mild Cheddar Cheese | Omit Ground Turkey and add Cheese to Pasta     |
| Friday    | Multi-Grain English Muffin with Jelly and Apple Slices | Fish Sticks, Mashed Potatoes, Green Beans, Mandarin Oranges, Milk    | Trail Mix                                 | Replace Fish Sticks with Veggie Nuggets/Sticks |