



## WEEK 1 MENU



Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cheerios	Pancakes & Sugar	Scrambled Eggs	Cheerios	Waffles & Sugar Free
Orange Wedges	Free Syrup	Toast w/Fruit Jelly	Fruit	Syrup
Milk	Fruit in Fruit Juice	Sliced Apples, Milk	Milk	½ Banana, Milk
	Milk			
LUNCH	LUNCH	<u>LUNCH</u>	LUNCH	<u>LUNCH</u>
Ground Turkey	Mac & Cheese	Roasted Chicken	Grilled Cheese	Chicken Nuggets
Rice, Fruit	Veggies	Mixed Veggies	Veggies	Corn
Veggies	Fruit	Fruit	Fruit	Fruit
Milk	Milk	Milk	Milk	Milk
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
SNACK	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
½ Bagel w/Plain	Unsweetened	Graham Crackers	Strawberry Yogurt	Ritz Crackers
Cream Cheese,	Applesauce, Pretzels	String Cheese	Goldfish	Banana Halves
Orange Wedges,	Water	Water	Water	Water
Water				





## WEEK 2 MENU



Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cheerios	Pancakes & Sugar Free	Scrambled Eggs	Cheerios	Waffles & Sugar Free
Orange Wedges	Syrup	Toast w/Fruit Jelly	Fruit	Syrup
Milk	Fruit in Fruit Juice	Sliced Apples, Milk	Milk	½ Banana, Milk
	Milk			
<b>LUNCH</b>	<u>LUNCH</u>	<b>LUNCH</b>	<b>LUNCH</b>	<u>LUNCH</u>
Spaghetti w/Sauce	Roasted Chicken	BBQ Meatballs	Spanish Rice	Chicken Nuggets
Veggies	Mashed Potatoes	Veggies	Black Beans	Sweet Potato Fries
Fruit	Veggies, Fruit	Fruit	Mixed Veggies	Fruit
Milk	Milk	Milk	Fruit, Milk	Milk
AFTERNOON	AFTERNOON	AFTERNOON	<b>AFTERNOON</b>	AFTERNOON
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Unsweetened	Animal Crackers	Mandarin Oranges	Cheerios	Cheez Its
Applesauce, Veggie	Cubed Cheese	in Fruit Juice,	String Cheese	½ Banana
Straws, Water	Water	Hawaiian Rolls,	Water	Water
		Water		