



Week 1

Four Week Menu

Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Life Cereal Bananas Milk	Pancakes Apples Milk	French Toast Pears Milk	Cereal Bananas Milk	Oatmeal with Raisins Milk
AM SNACK	Cheese Slices Pretzels Water	Carrots and Cucumber with Ranch Water	Graham Crackers Apples Water	Yogurt Vanilla Wafers Water	Apple Slices Yogurt Parfait Water
LUNCH	Turkey Sub Baked Fries Green Beans Apples Milk	Chicken Fajitas Rice Vegetable soup Pears Milk	Bean, Cheese & Rice Burrito Salad Orange Wedges Milk	Ham with Apple Sauce Mashed Potatoes Broccoli Milk	Mac and Cheese Steamed Vegetables Pineapple Tidbits Milk
PM SNACK	Saltine Crackers Pears Water	Toast With Butter Bananas Water	Apple Cinnamon Bread Seasonal Fresh Fruits Water	Garlic Bread Sticks Apples Water	Fruit Salad Corn Bread Water

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Pancakes Apple Sauce Milk	Waffles Pears Milk	Croissants Eggs Apples Milk	Corn Flakes Bananas Milk	English Muffins Apple Sauce Milk
AM SNACK	Seasonal Fresh Fruits Saltines Water	Bagels With Cream Cheese Water	Wheat Thins Yogurt Water	Apple Sauce Grahams Crackers Water	Seasonal Fresh Fruit Animal Crackers Water
LUNCH	Rotini Pasta Casserole with Cheese Green Beans Oranges Milk	Chicken Fettuccine Potato Soup Fruit Salad Milk	Chicken Nuggets Baked Fries Carrots Oranges Milk	Grilled Cheese Sandwich Salad Apples Milk	Chicken Teriyaki Rice Tortilla Soup Mixed Fruit Milk
PM SNACK	Graham Crackers Apples Water	Cheddar Cubes Triscuits Water	Fresh Fruit Crackers Water	Soft Pretzels Pears Water	Cedar Crest Mix Pears Water

Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Waffles Bananas Milk	Scrambled Eggs Toast Bananas Milk	Oatmeal Pears Milk	Kix Cereal Apples Milk	French Toast Pears Milk
AM SNACK	Crackers with String Cheese Water	Yogurt Graham Crackers Water	Seasonal Fresh Fruit Garlic Breadsticks Water	Apple Sauce Graham Crackers Water	Carrots and Cucumbers with Ranch Crackers Water
LUNCH	Pepperoni Pizza Salad Bananas Milk	Spaghetti with Meatballs Green Peas Orange Wedges Milk	Ham Sandwich Carrots Apples Milk	Cheese and Beans Quesadilla Salad Cantaloupe Milk	Tofu Fried Rice with Peas and Carrots Chicken Consommé Bananas Milk
PM SNACK	Cantaloupe Corn Bread Water	Bagels with Butter and Cinnamon Banana Water	Cheese Quesadilla Water	Blueberry Muffins Water	Cedar Crest Mix Apple Slices Water

Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Bananas Croissants Milk	French Toast Apples Milk	Pancakes Pears Milk	Cereal Bananas Milk	Scrambled Eggs Apples Milk
AM SNACK	Blueberry Muffins Water	Veggies with Ranch Crackers Water	Yogurt Graham Crackers Water	Cantaloupe Graham Crackers Water	Fruit Salad Graham Crackers Water
LUNCH	Spanish Rice with Chicken Broccoli Bananas Milk	Ground Turkey Salad with Tortilla Chips Chicken Noodle Soup Oranges Milk	Chicken Rolls Toast Carrots Pears Milk	Turkey Lasagna Salad Orange Wedges Milk	Yakisoba Noodles with Chicken, Peas, and Carrots Orange Milk
PM SNACK	Wheat Thins Cheddar Cubes Water	Mixed Fruit Corn Bread Water	Apples Saltine Crackers Water	Tortilla Chips Seasonal Fresh Fruits Water	Apple Cinnamon Bread Water

