

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	BREAKFAST	Life Cereal Bananas Milk	Pancakes Apples Milk	French Toast Pears Milk	Oatmeal with Raisins Orange Wedges Milk	Cheese Eggs Bananas Milk
	AM SNACK	Cottage Cheese Pineapple Water	Bagels Cream Cheese Water	Red and Yellow Peppers w/Ranch, Crackers, Water	Naan Bread Vanilla Yogurt Water	Soft Pretzels Apple Slices Water
	LUNCH	Vegetable Pulao with Brown & White Rice Fruit Salad , Milk	Sautéed Chicken <b>Soy Nuggets</b> Fajitas with Tortillas Orange Wedges, Milk	Bean, Cheese & Rice Burrito Mixed Salad, Fruit Salad, Milk	<b>Vegetable Spring Rolls</b> w/Soy Sauce or Sweet Chili, White Rice, Bananas Milk	Mac and Cheese Steamed Vegetables Pineapple Tidbits Milk
	PM SNACK <i>PP Only</i>	Cereal Bar Cantaloupe Water	Rice Cake Bananas Puree Water	Muffin Bread Apple Sauce Water	String Cheese Apples Water	Garlic Bread Sticks Pears Water
WEEK 2	BREAKFAST	Pancakes Apple Sauce Milk	Waffles Pears Milk	Croissants Eggs, Apples Milk	Corn Flakes Bananas Milk	English Muffins Applesauce Milk
	AM SNACK	Yogurt and Blueberries Water	Seasonal Fresh Fruit Corn Bread Water	String Cheese Pretzels Water	Seasonal Fresh Fruit Muffin Bread Water	Fresh Vegetables Hummus Water
	LUNCH	Rotini Pasta Casserole with Cheese Green Beans Oranges Milk	Pepperoni or <b>Vegetarian</b> Flatbread Pizza Carrots Oranges Milk	Pasta with Meatballs or Pasta <b>Marinara</b> Green Peas Orange Wedges Milk	Grilled Cheese Sandwich with Tomato Soup Mixed Salad Apples Milk	Chicken Teriyaki and Vegetables or <b>Tofu Teriyaki</b> Brown and White Rice Mixed Fruit Milk
	PM SNACK <i>PP Only</i>	String Cheese Cantaloupe Water	Cheddar Cheese Cubes Wheat Thin Crackers Water	Baked Garlic Sticks Pears Water	Cottage Cheese Pineapple Water	Cedar Crest Mix Pears Water
WEEK 3	BREAKFAST	Waffles Bananas Milk	Scrambled Eggs, Toast, Bananas, Milk	Oatmeal w/Raisins Pears Milk	Cheerios Cereal Apples Milk	French Toast Sticks Pears Milk
	AM SNACK	Fresh Seasonal Fruit String Cheese Water	Yogurt and Blueberries Water	Cheese Apples Water	Carrots and Cucumbers, Hummus, Saltine Crackers Water	Applesauce Pretzels Water
	LUNCH	Pepperoni or <b>Vegetarian</b> <b>Sausage</b> Flatbread Pizza, Salad, Bananas Milk	Vegetable Spring Rolls Brown and White Rice Apples Milk	Yakisoba Noodles with Chicken or <b>Tofu</b> , Peas, and Carrots, Oranges Milk	Cheese and Bean Quesadilla Salad Cantaloupe Milk	Cheese and Spinach Ravioli with Marinara Sauce Steamed Broccoli Cantaloupe, Milk
	PM SNACK <i>PP Only</i>	Cereal Bar Seasonal Fruit Water	Soft Pretzels Cantaloupe Water	Bagel with Butter and Cinnamon Bananas Water	Rice Cake with Banana Puree, Water	Cedar Crest Mix Apple Slices Water
WEEK 4	BREAKFAST	Croissants Bananas Milk	French Toast Sticks Oranges Milk	Pancakes Pears Milk	Scrambled Eggs Apples Milk	Cereal Bananas Milk
	AM SNACK	Cottage Cheese Pineapple Water	Cantaloupe Pretzels Water	Yogurt with Granola Water	Vegetables with Hummus Saltine Crackers Water	Pears Cedar Crest Mix Water
	LUNCH	Penne Pasta with Grilled Chicken or <b>Soy Nuggets</b> Steamed Broccoli, Pear Milk	Sautéed Ground Turkey or <b>Boca Crumble</b> with Corn, White & Brown Rice, Salad, Oranges, Milk	Turkey or Cheese Sandwiches on Wheat Bread Cucumber and Tomato Salad, Apples, Milk	Pasta w/Meatballs or <b>Pasta</b> <b>Marinara</b> Mixed Salad Cantaloupe Milk	Breakfast for Lunch Waffles Scrambled Eggs Turkey Sausage Fruit Salad Milk
	PM SNACK <i>PP Only</i>	Tortilla Chips Seasonal Fresh Fruits Water	Applesauce Muffin Bread Water	Mixed Fruit Cereal Bars Water	Soft Pretzels Apples Water	Apple Cinnamon Bread Water