

MENU

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. SNACK	RAISIN BREAD MILK	BOILED EGGS TRISCUITS MILK	SHREDDIES MILK	FRESH FRUIT MILK	BAGELS & CREAM CHEESE MILK
MEAT & ALTERNATIVES	MEAT LASAGNA	HOMEMADE CHICKEN NOODLE SOUP	CHEESE QUICHE	CHILI	BREADED FISH
VEGETABLES	GARDEN SALAD CARROT STICKS	VEGGIES & DIP	COOKED BROCCOLI HASH BROWNS TOMATO SLICES	MASHED POTATOES VEGGIES & DIP CORN	VEGGIES & DIP POTATO WEDGES GREEN BEANS
BREADS & CEREALS	BUNS	CHEESE, & TUNA SANDWICHES	WHOLE WHEAT BREAD & BUTTER	WHOLE WHEAT BREAD & BUTTER	BUNS
MILK & DAIRY	MILK	MILK	MILK	MILK	MILK
FRUIT OR OTHER DESSERTS	FRUIT COCKTAIL	YOGURT	ORANGES	PEACHES	MELON
P.M. SNACK	BREAD STICKS VEGGIES & DIP WATER	MUFFINS/APPLES WATER	WOW BUTTER BANANNA WRAPS WATER	CHEESE BALL TRISCUITS WATER	OATMEAL COOKIES/GRAPES WATER

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Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. SNACK	YOGURT MILK	RAISIN BRAN MILK	BAGELS AND CREAM CHEESE MILK	SCRAMBLED EGGS MILK	WAFFLES MILK
MEAT & ALTERNATIVES	BROCCOLI & CHICKEN CASSEROLE	TUNA CAKES	BREADED CHICKEN PIECES	HAMBURGERS	TOMATO & SPINACH PASTA
VEGETABLES	CORN, GREEN PEPPERS	PEAS CUCUMBERS POTATO WEDGES	COOKED CARROTS, GARDEN SALAD, ROASTED POTATOES	POTATO WEDGES TOMATO SLICES, CORN	GARDEN SALAD CUCUMBERS
BREADS & CEREALS	WHOLE WHEAT BREAD & BUTTER	WHOLE WHEAT BREAD & BUTTER	BUNS	WHOLE WHEAT BUNS	WHOLE WHEAT BREAD & BUTTER
MILK & DAIRY	MILK	MILK	MILK	MILK	MILK
FRUIT OR OTHER DESSERTS	APPLE SAUCE	BANANAS	ICE CREAM	PEARS	FRESH FRUIT & YOGURT
P.M. SNACK	APPLES & RITZ CRACKERS WATER	CHEESE ON A BUN WATER	MUFFINS/APPLES WATER	MELBA TOAST HUMMUS WATER	CANTELOUPE & CRACKERS WATER

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Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. SNACK	ENGLISH MUFFINS & WOW BUTTER MILK	BAGELS & CREAM CHEESE MILK	RICE KRISPIES MILK	MUFFINS MILK	COTTAGE CHEESE, YOGURT & MELBA TOAST MILK
MEAT & ALTERNATIVES	VEGETARIAN SPAGHETTI	ROAST CHICKEN	SWEET & SOUR MEATBALLS	CHICKEN FAJITAS	CHICKEN & VEGETARIAN PIZZA
VEGETABLES	TOSS SALAD WITH EGGS CARROT STICKS	PEAS BROCCOLI & DIP MASHED POTATOES & GRAVY	TOMATO SLICES GREEN BEANS RICE	VEGGIES & DIP SPANISH RICE	TOSS SALAD CUCUMBERS
BREADS & CEREALS	GARLIC BREAD	BUNS & BUTTER	WHOLE WHEAT BREAD&BUTTER	FLAT BREAD	WHOLE WHEAT BREAD&BUTTER
MILK & DAIRY	MILK	MILK	MILK	MILK	MILK
FRUIT OR OTHER DESSERTS	PINE APPLE RINGS	PEARS	FROZEN YOGURT	APPLE SAUCE	MELON
P.M. SNACK	CHEESE & CRACKERS WATER	ARROWROOT COOKIES BANANAS WATER	TACO CHIPS, CREAM CHEESE & SALSA WATER	TUNA IN A PITA WATER	BANANA BREAD WATER

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Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. SNACK	CINNAMON RAISIN BAGELS MILK	YOGURT MILK	RICE CAKES CREAM CHEESE PINEAPPLE MILK	CHEERIOS & MILK	APPLE SAUCE MILK
MEAT & ALTERNATIVES	CHICKEN QUESADILLA BEANS	MACARONI & CHEESE CASSEROLE	TACOS	ROAST	CHICKEN NUGGETS
VEGETABLES	VEGGIES & DIP CAULIFLOWER	GREEN BEANS STEWED TOMATOES CARROT STICKS	MARINATED SALAD CARROT STICKS HASH BROWNS	COOKED CARROTS GREEN PEPPERS RICE	VEGGIES & DIP PEAS ROASTED POTATOES
BREADS & CEREALS	FLAT BREAD	BREAD	FLAT BREAD	WHOLE WHEAT BREAD & BUTTER	WHOLE WHEAT BREAD & BUTTER
MILK & DAIRY	MILK	MILK	MILK	MILK	MILK
FRUIT OR OTHER DESSERTS	PINE APPLE	PEACHES	ORANGES	FRUIT SALAD	FROZEN YOGURT
P.M. SNACK	CEREAL MIX APPLES WATER	CUCUMBER WRAPS WATER	MUFFINS/GRAPES WATER	ENGLISH MUFFIN PIZZA WATER	CHEESE AND CRACKERS WATER