

Menu for Week A Food Served Week Of: _____				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:
Whole Grain Pancake Oranges Milk	Enriched Grits Pears Milk	Bagel with Cream Cheese Apples Milk	Cheerios Peaches Milk	French Toast Seasonal Fruit Milk
Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
Tomato Soup Grilled Ham and Cheese Pears	Homemade Mac & Cheese Steamed broccoli Apple Slices	Taco Bar Tortillas or Chips Ground Turkey/Black Beans Cheese/Lettuce/Tomato Salsa	Cheese Ravioli (sauce on side) Tossed Green Salad Seasonal Fruit	Chef Salad (Garbanzo beans/egg/cheese/cucumb ers/fresh tomatoes/ shredded carrots) Whole Grain Roll
PM Snack:	PM Snack:	PM Snack:	PM Snack:	PM Snack:
Sandwich with Sun Butter and Jam Milk	Graham Cracker Cherries Water	Yogurt Berries Water	Tortilla Chips Salsa Water	Cheesy English Muffin Water

Seasonal Fruit: Fall-Apples; Winter-Oranges; Spring-Peach/Pear; Summer-Berries

All Breads are Whole Grains

Cheese products are not processed or imitation

Condiments will be provided on the side

Fruits will be fresh whenever possible, then frozen.

Menu for Week B Food Served Week Of: _____				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:
Whole Grain Pancake Applesauce Milk	Oatmeal Cinnamon Apples Milk	Bagel with Sun Butter Seasonal Fruit Milk	Corn Flakes Oranges Milk	Breakfast Burrito with Eggs and Cheese Seasonal Fruit Milk
Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
Turkey Chili with beans Cornbread Coleslaw	Stir-fry with snap peas, broccoli, cauliflower, carrots and chicken	Bean and Cheese Enchiladas Corn and Tomato Salsa Oranges	Pizza with Cheese & Fresh tomato & Mushroom Tossed Green Salad Seasonal Fruit	Pita Bread with Hummus Carrot sticks/Cucumber Yogurt Dip Grapes
PM Snack:	PM Snack:	PM Snack:	PM Snack:	PM Snack:
Cheesy Bread Milk	Yogurt Blueberries Water	Fig Newton Cookies Milk	Tortilla Chips Bean Dip	English Muffin with Cream Cheese Milk

Seasonal Fruit: Fall-Apples; Winter-Oranges; Spring-Peach/Pear; Summer-Berries

All Breads are Whole Grains

Cheese products are not processed or imitation

Condiments will be provided on the side

Fruits will be fresh whenever possible, then frozen.

Menu for Week C Food Served Week Of: _____				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:
Whole Grain Pancake Grapes Milk	Cream o' Wheat Grapes Milk	Bagel with Jam Peaches Milk	Crispy Rice Cereal Pears Milk	Granola, Yogurt and Apple Parfait Milk
Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
Tuna fish sandwich with lettuce and tomato Grapes	Baked Ham Mashed Potatoes Green Beans Whole Wheat Roll	Bean and Cheese Burrito Corn and Tomato Salsa Pears	White Lasagna with Cheese, Tomato, Spinach & Carrot Apples	Sandwiches with Turkey and cheese lettuce, tomato Carrot Sticks "A" Oranges
PM Snack:	PM Snack:	PM Snack:	PM Snack:	PM Snack:
Carrots and Cucumber With Hummus Water	Sliced Apples with Sun Butter Milk	English muffin with butter Diced Apples Water	Tortilla Chips Salsa Water	Yogurt Peaches Water

Seasonal Fruit: Fall-Apples; Winter-Oranges; Spring-Peach/Pear; Summer-Berries

All Breads are Whole Grains

Cheese products are not processed or imitation

Condiments will be provided on the side

Fruits will be fresh whenever possible, then frozen.