



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	3 Whole wheat pancakes, fresh fruit w/ syrup milk	4 Hash brown potato, orange slices, milk	5 French toast, Apple slices, Milk	6 Whole wheat cinnamon toast , bananas, Milk	7 Whole grain waffles blueberries w/syrup
Lunch	Breaded fish nuggets, applesauce, Fresh steamed green beans, Milk	Grilled Cheese on whole wheat, steamed corn , peaches,milk	Whole Wheat Turkey Wraps, steamed carrots, pineapple, milk	Veggie Lasagna ,mixed vegetables, applesauce, w/ milk	Grilled Cheese, Vegetable Soup, Mandarin Oranges.
PM Snack	Sunbutter w/ banana slices & water	Cheese sticks, w/whole wheat crackers, & water	Cornbread w/ applebutter & water	Baked Sweet Potato Wedges w/ Hummus & Water	Sliced Grapes w/cheese cubes & water
AM Snack	10 Cheese omelet w/ strawberries, milk	11 Whole grain cereal w/ blueberries, milk	12 Cheese toast w/ bananas, milk	13 Baked blueberry muffins, milk	14 Pancakes w/ fresh mango and milk
Lunch	Macaroni & Cheese, Salad with Ranch Dressing and fresh apple slices.	Baked Beef Nuggets, fresh steamed broccoli, diced peaches, milk	Whole Wheat Cheese Pizza, steamed corn , sliced peaches & milk	Baked Chicken Strips, steamed sweet peas, pineapple slices, milk	Grilled cheese on whole wheat bread, fresh steamed green beans,tropical fruit & milk
PM Snack	Cheddar cheese rice cakes w/ bananas slices, water	Bananas, w/graham crackers, Water	orange slices, graham crackers & water	Chex mix with blueberries, water	salsa w/ pita slices, chilled water
AM Snack	17 	18 Whole grain cereal w/ strawberries, milk	19 Whole Grain Waffles, fresh mixed berries & milk	20 Egg Patty on Whole Wheat Toast & Milk	21 Hash browns w/ fresh sliced oranges, milk
Lunch		Baked Fish Sticks, Baked Tater Tots, Diced Peaches, Milk	Spanish Rice with Chicken, Steamed Corn, Fresh Apple Slices, Milk	Whole Wheat Cheese Quesadillas, Fresh Carrot Sticks with Fat Free Ranch Dressing, Pineapple Tidbits, Milk	Chicken Salad Sandwich on Warm Croissant, Salad With Fat Free Ranch Dressing, Diced Pears, Milk
PM Snack		yogurt w/ dried cranberries, water	wheat Chex, with fresh blueberries water	graham crackers w/apple slices, water	Guppy Crackers &blueberries w/water
AM Snack	24 Whole Grain Cereal w/ mixed berries & Milk	25 Whole Wheat French Toast w/ banana & Milk	26 Cheese Omelette, sliced apples & Milk	27 Baked Blueberry Muffins w/ bananas & Milk	28 Yogurt w/ dried cranberries, milk
Lunch	Whole Wheat Cheese Pizza, steamed corn , sliced peaches & milk	Whole wheat quesadilla, steamed green beans, apple slices, milk	Grilled Cheese on whole wheat, steamed corn, strawberries and Milk	Cheeseburger Sliders, fresh steamed carrots, Pineapples Milk	Chicken BBQ on whole wheat, Steamed Peas and baked apples, milk
PM Snack	Cheese Sticks with Multi-Grain Crackers water	Baked Sweet Potatoes with Hummus & Water	Cinn. Pita with Fruit Salsa & Water	Whole wheat crackers w/ mozz. cheese, water	Cucumbers with Ranch Water
AM Snack					
Lunch					
PM Snack					

