



WEEK ONE MENU



WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Fresh Seasonal Fruit Multigrain Cheerios Milk	Apples French Toast Syrup Milk	Oranges Blueberry Muffin Milk	Bananas Whole Wheat Toast Butter Milk	Mandarin Oranges Whole Grain Raisin Bread Butter Milk
LUNCH	Chicken A La King Peas Mandarin Oranges Rice Milk	Meatloaf Ketchup Broccoli Mashed Sweet Potatoes Whole Wheat Bread	Macaroni & Cheese with Ham Green Beans Tropical Mixed Fruit Milk	Turkey & Cheese Sandwich Whole Wheat Bread Mayonnaise Mustard Baked Kale Chips Banana Milk	Chicken and Yellow Rice Spinach Salad Ranch Dressing Tomatoes Cucumber Pears Milk
SNACK	Animal Crackers Applesauce	Pretzels Banana	Seasonal Fresh Fruit Milk	Cheese Cuban Crackers	Granola Bar Orange Slices Milk



WEEK TWO MENU



WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Whole Wheat Toast Hash Browns Seasonal Fresh Fruit Milk	Applesauce Life Cereal Milk	Seasonal Fresh Fruit Pancakes Syrup Milk	Banana Multigrain Cheerios Cereal Milk	Peaches Whole Grain Bagel Cream Cheese Milk
LUNCH	Homemade Chicken Tetrazzini Broccoli Peaches Whole Wheat Roll Milk	Homemade Lasagna Tossed Salad Tomatoes Cucumber Thousand Island Dressing Italian Bread Milk	Roasted Pulled Pork Mixed Vegetables Mashed Potatoes Whole Grain Roll Milk	Tacos Ground Beef Cheese Lettuce Tomatoes Corn Seasonal Fresh Fruit Whole Grain Tortilla Milk	BBQ Chicken Green Beans Cantaloupe Rice Milk
SNACK	Fruit Cocktail Yogurt	Celery Sticks Hummus Saltine Crackers	Applesauce Whole Grain Muffin	Cheese Slice Carrots	Apples Whole Grain Fish Shaped Crackers



WEEK THREE MENU



WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Whole Wheat Toast-Butter Pineapple Tidbits Milk	Whole Grain Bagels Seasonal Fresh Fruit Milk	Banana Muffin Apples Milk	Whole Wheat French Toast Banana Milk	Kix Cereal Seasonal Fresh Fruit Milk
LUNCH	Homemade Curry Chicken Roasted Potatoes Brown Rice Orange Slices Milk	Homemade Beef Stroganoff Mixed Vegetables Pineapple Whole Grain Rolls Milk	Homemade Baked Chicken Nuggets BBQ Sweet Potato Fries Lima Beans Applesauce Whole Grain Roll Milk	Homemade Spaghetti and Meat Sauce Mixed Green Salad Tomato Cucumber French Dressing Pears Garlic Bread Milk	Homemade Macaroni and Cheese Broccoli Black Eyed Peas Fresh Seasonal Fruit Milk
SNACK	Banana Vanilla Wafers	Animal Crackers Fresh Seasonal Fruit	Oatmeal Cookie Milk	Apple Slices Yogurt	Black Bean Dip Celery Carrots



WEEK FOUR MENU



WEEK FOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Whole Wheat Toast Fresh Seasonal Fruit Hash Browns Milk	Applesauce Cinnamon Toast Syrup Milk	Orange Wedges Whole Grain English Muffin Butter Milk	Banana Whole Grain Waffles Syrup Milk	Fresh Seasonal Fruit Multigrain Cheerios Milk
LUNCH	Homemade Baked Ziti with Cheese Green Beans Peaches Whole Grain Bread Milk	Homemade Chicken and Broccoli Alfredo Caesar Salad Cheese Croutons Caesar Dressing Fresh Seasonal Fruit Milk	Egg Salad Cucumbers Tropical Mixed Fruit Whole Grain Bread Milk	Homemade Beef Stew Mixed Vegetables Fruit Salad Rice Milk	Tater Tot Casserole Ground Beef Cheese Mixed Vegetables Carrots Apples Whole Grain Bread Milk
SNACK	Raisin Bread Orange Slices	Plain Graham Crackers Yogurt	Cheese Crackers Apple Wedges	Whole Grain Blueberry Muffin Milk	Hardboiled Eggs Saltine Crackers



WEEK FIVE MENU



WEEK FIVE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Peaches Blueberry Muffin Milk	Pineapple Tidbits Biscuit <i>Jelly</i> Milk	Apples French Toast <i>Syrup</i> Milk	Seasonal Fresh Fruit Life Cereal Milk	Fruit Cocktail Whole Wheat Toast <i>Jelly</i> Milk
LUNCH	Homemade Chicken Fingers <i>Honey Mustard</i> Tater Tots Lima Beans Whole Grain Biscuit Milk	Ham and Cheese Sandwich <i>Mayo</i> <i>Mustard</i> <i>Lettuce</i> <i>Tomato</i> <i>Pickle</i> Broccoli Tropical Mixed Fruit Whole Wheat Bread Milk	Oven Fried Chicken Fresh Seasonal Fruit Peas and Carrots Whole Wheat Roll Milk	Homemade Shepard's Pie Peas and Carrots Peaches Whole Wheat Roll Milk	Homemade Whole Grain English Muffin Pizza Rounds <i>Cheese</i> <i>Ground Beef</i> Mixed Green Salad <i>Tomato</i> <i>Cucumber</i> <i>Italian Dressing</i> Pineapple Milk
SNACK	Quick Quesadillas Milk	Cereal Mix Milk	Sliced Cheese Crackers	Pretzels Fresh Seasonal Fruit	Fig Newtons Apples