



WEEK 1 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Biscuit w/jelly Fruit Milk	Oatmeal W/ Craisins Fruit Milk	Pancake W/ Syrup Fruit Milk	Sausage, potato, egg & cheese breakfast burrito Fruit	Waffles W/syrup Fruit Milk
Breakfast is optional: \$20 breakfast Punch Card, good for 10 breakfast meals.				
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Mini Blueberry Muffins Water	Yogurt & Nilla Wafers Water	Fig Bar Water	Cheddar Crackers & Bananas Water	Nutrigrain Bar Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Chicken Tacos Lettuce, tomato & cheese bananas Milk and Water	BBQ Beef sandwich Baked Beans Apple/ Applesauce for infants Milk and Water	Chicken and Waffles Mixed Veggies Pear Milk and Water	Cheese Pizza Garden Salad Oranges Milk and Water	Chicken Sandwich Baked Tots Peaches Milk and Water
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Nacho Cheese Dip & Corn Chips sub- tortillas infants - JT3 Water	Rice Cakes w/ Cream Cheese Sub - Graham Crackers infants-JT3 Water	Cheerios and Raisins Water	Apple Slices w/soy butter sub-applesauce infants-jt3 Water	Carrots w/Ranch sub-crackers infacts-JT3 Water



WEEK 2 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Oatmeal w/raisins	Crossant Sandwich	Cereal	Sausage Breakfast Roll	French Toast Sticks
Fruit	W/ham and cheese	Fruit	Fruit	Fruit
Milk	Milk	Milk	Milk	Milk
Breakfast is optional: \$20 breakfast Punch Card, good for 10 breakfast meals.				
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Trail Mix	Nilla Wafers & Applesauce	Nature Valley Granola Bar	Bagel w/ Cream Cheese	Ritz Crackers & Cheese dip
Water	Water	Water	Water	Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Bean and Beef Chili Soup	Cheese Quesidilla	Chicken Noodle Soup Casserole	King Ranch Beef Pasta	Mini Corn Dogs
Corn Bread	Tossed Garden Salad	Green Beans	Green Peas	Baked Fries
Oranges	Fresh Fruit	Apples	Pears	Bananas
Milk and Water	Milk and water	Milk and Water	Milk and Water	Milk and Water
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Graham Crackers W/ cream cheese	Cucumbers w/ranch	Wheat Thins & Veggie Dip	Pretzels and oranges	Crackers and cubed cheese
Water	Water	Water	Water	Water



WEEK 3 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST				
Biscuit w/jelly Fruit Milk	Oatmeal W/ Craisins Fruit Milk	Pancake W/ Syrup Fruit Milk	Sausage Biscuit Fruit Milk	Pancake w/ Syrup Fruit Milk
Breakfast is optional: \$20 breakfast Punch Card, good for 10 breakfast meals.				
AM SNACK				
Mini Blueberry Muffins Water	Yogurt & Nilla Wafers Water	Fig Bar Water	Cheddar Crackers & Bananas Water	Nutrigrain Bar Water
HEALTHY LUNCH				
Steak Fingers Mashed Potatoes Watermelon Milk and Water	Spaghetti Pizza Casserole Garden Salad Pineapple Milk and Water	Chicken and Rice Carrots Apples Milk and Water	Chicken Tortilla Soup Tortilla strips Oranges Milk and Water	Cheese Burger Baked Tots Fruit Cocktail Milk and Water
PM SNACK				
Nacho Cheese Dip & Corn Chips sub- tortillas infants - JT3 Water	Animal Carckers & applesauce Water	Nilla Wafers Sugar Free Vanilla Puding Water	Apples w/ Fruit Dip Water	Crackers & String Cheese Water



WEEK 4 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST				
Oatmeal w/raisins Fruit Milk	Crossant Sandwich W/ham and cheese Milk	Cereal Fruit Milk	Sausage Breakfast Roll Fruit Milk	French Toast Sticks Fruit Milk
Breakfast is optional: \$20 breakfast Punch Card, good for 10 breakfast meals.				
AM SNACK				
Trail Mix Water	Nilla Wafers & Applesauce Water	Nature Valley Granola Bar Water	Bagel w/ Cream Cheese Water	Ritz Crackers & Cheese dip Water
HEALTHY LUNCH				
Fish Sticks Corn Apples Milk and Water	Beef Stroganoff cooked carrots Fruit Cocktail Milk and Water	Tomatoe Soup Grilled Cheese Sandwich Oranges Milk and Water	Chicken Chili Crisпитos Garden Salad Peaches Milk and Water	Hamburgers Baked Tots Oranges Milk and Water
PM SNACK				
Graham Crackers W/ cream cheese Water	Carrots w/ranch Water	Wheat Thins & Veggie Dip Water	Pretzels and oranges Water	Crackers and cubed cheese Water



WEEK 5 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Oatmeal Fruit Water	Cheese Toast Fruit Milk	Bagel w/ Cream Cheese Fruit Milk	Waffles & Sunbutter Fruit Milk	Fruit Smoothie
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Cereal Water	Banana Water	Fig Bar Water	Belvita Biscuits Water	Nutrigrain Bar Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Spaghetti Pizza Casserole Garden Salad Pineapple Milk and Water	Baked Chicken Tenders Mashed Potatoes Fruit Cocktail Milk and Water	Cheese Pizza Green Beans Oranges Milk and Water	BBQ Beef Sandwich Baked Beans Peaches Milk and Water	Chicken Tortilla Soup Tortilla Strips Oranges Milk and water
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Graham Crackers W/ cream cheese Water	Cucumbers w/ranch Water	Wheat Thins & Veggie Dip Water	Pretzels & oranges Water	Crackers & Cheese Cubes Water