



## WEEK 1 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Hot or Cold Cereal Fruit Milk	Waffle with Sun Butter Fruit Milk	Oatmeal Fruit Milk	Eggs English Muffin Fruit Milk	Bagels with Cream Cheese Fruit Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Oranges Water	Bananas Water	Strawberries Water	Apples Water	Watermelon Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Steak Fingers Green Beans Mandarin Oranges Milk	Cheese Pizza Carrots Pineapple Tidbits Milk	Ham & Cheese Sandwich Lettuce & Pickles Fresh Fruit Milk	Beef & Cheese Tacos Corn & Black Beans Fresh Fruit Milk	Sausage Pasta Peas & Carrots Tropical Fruit Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Ritz Crackers Sliced Cheese Water	Pretzel Sticks Apple Slices Water	Yogurt Fresh Fruit Water	Animal Crackers String Cheese Water	Nilla Wafers Bananas Water



## WEEK 2 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Oatmeal	French Toast	Cheese Toast	Sausage Biscuit	Yogurt with Cheerios
Fruit	Turkey Sausage	Fruit	Fruit	Fruit
Milk	Fruit	Milk	Milk	Milk
	Milk			
<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>
Oranges	Bananas	Strawberries	Apples	Watermelon
Water	Water	Water	Water	Water
<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>
Bean & Cheese Tacos	Sliced Ham	Chicken Sandwich	Spaghetti with Marinara	BBQ Meatballs
Corn	Brown Rice	Carrots	Garden Salad	Sliced Bread
Tropical Fruit	Green Beans	Fresh Fruit	Fresh Fruit	Green Peas
Milk	Diced Peaches	Milk	Milk	Apple Sauce
	Milk			Milk
<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>
Sliced Cheese	Yogurt	Cheez-its	Pretzel Sticks	Carrots with Ranch
Ritz Crackers	Fresh Fruit	Diced Ham	Cheese	Water
Water	Water	Water	Water	



# WEEK 3 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Muffins Fruit Milk	Waffle with Sun Butter  Fruit Milk	Oatmeal  Fruit Milk	Eggs English Muffins Fruit Milk	Yogurt  Fruit Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Oranges Water	Bananas Water	Strawberries Water	Apples Water	Watermelon Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Patty Melt Green Beans Pineapple Milk	Mac & Cheese with Ham  Broccoli Mandarin Oranges Milk	Turkey & Cheese Sandwich Carrots Fresh Fruit Milk	Chicken Nuggets  Corn Fresh Fruit Milk	Pinto Beans with Rice  Mixed Veggies Diced Peaches Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Ritz Crackers Sliced Cheese Water	Pretzel Sticks  Apple Slices Water	Yogurt  Fresh Fruit Water	Animal Crackers  String Cheese Water	Nilla Wafers  Bananas Water



## WEEK 4 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Oatmeal Fruit Milk	French Toast Sausage Fruit Milk	Cheese Toast Fruit Milk	Sausage Biscuit Fruit Milk	Yogurt with Cheerios Fruit Milk
<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>	<b>AM SNACK</b>
Oranges  Water	Bananas  Water	Strawberries  Water	Apples  Water	Watermelon  Water
<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>	<b>HEALTHY LUNCH</b>
Chicken Tenders  Mixed Veggies Diced Peaches Milk	Cheese Quesadilla Corn & Black Beans Diced Pears Milk	Sloppy Joes  Broccoli Bananas Milk	Salisbury Steak  Brown Rice Green Beans Fresh Fruit Milk	BBQ Meatballs  Sliced Bread Peas & Carrots Applesauce Milk
<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>	<b>PM SNACK</b>
Sliced Cheese  Ritz Crackers Water	Cheez-Its  Diced Ham / Turkey Water	Yogurt  Fruit Water	Pretzel Sticks  Cheese Water	Carrots & Ranch  Water



## WEEK 5 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Hot or Cold Cereal Fruit Milk	Waffle with Sun Butter Fruit Milk	Oatmeal Fruit Milk	Eggs English Muffin Fruit Milk	Bagels with Cream Cheese Fruit Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Oranges Water	Bananas Water	Strawberries Water	Apples Water	Watermelon Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Pork Sandwich with Pickles Cole Slaw Pineapple Tidbits Milk	Bean & Cheese Tacos Corn Diced Peaches Milk	Turkey & Cheese Sandwich Baby Carrots Fresh Fruit Milk	Beef Stroganoff Mixed Veggies Fresh Fruit Milk	Red Beans & Rice Green Beans Apple Sauce Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Sliced Cheese Whole Grain Crackers Water	Pretzel Sticks Apple Slices Water	Yogurt Fresh Fruit Water	Animal Crackers String Cheese Water	Nilla Wafers Bananas Water