

**Menu
Week One**

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack Cheerios Fresh Fruit Water	Morning Snack English Muffins Fresh Fruit Water	Morning Snack Yogurt with berries Arrowroot cookies Water	Morning Snack Pancakes Fresh Fruit Water	Morning Snack Shreddies Fresh Fruit Water
Lunch Swedish Meatballs Steamed Carrots Rice Milk Fresh Fruit	Lunch Baked Chicken Broccoli Milk Fresh Fruit	Lunch Cream of Potato and Leek Croissants Milk Fresh Fruit	Lunch Pasta with alfredo sauce Mixed Vegetables Milk Fresh Fruit	Lunch Ham & Cheese Roll-Ups Cucumbers Milk Fresh Fruit
Afternoon Snack Trail Mix Fresh Fruit Water	Afternoon Snack Cheese & Crackers Water	Afternoon Snack Vegetables with dip Goldfish Crackers Water	Afternoon Snack Apple Sauce Graham Crackers Water	Afternoon Snack Yogurt Bark with Fresh Fruit Water

**Menu
Week Two**

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack Shreddies Fresh Fruit Water	Morning Snack Raisin Toast Fresh Fruit Water	Morning Snack Scrambled Eggs Fresh Fruit Water	Morning Snack Homemade Waffles Fresh Fruit Water	Morning Snack Cheerios Fresh Fruit Water
Lunch Chicken Rice Soup Cheese Sandwich Milk Fresh Fruit	Lunch Baked Fish Rice Mixed Vegetables Milk Fresh Fruit	Lunch English Muffin Pizzas Cucumber Slices Milk Fresh Fruit	Lunch Chicken Burgers French Fries Milk Fresh Fruit	Lunch Scrambled Eggs Hash browns Sausage Milk Fresh Fruit
Afternoon Snack Fresh Smoothies & Pretzels Water	Afternoon Snack Vegetables & Dip Crackers Water	Afternoon Snack Banana Bread Fresh Fruit Water	Afternoon Snack Cinnamon Pita Fresh Fruit Water	Afternoon Snack Trail Mix Fresh Fruit Water

**Menu
Week Three**

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack Pancakes Fresh Fruit Water	Morning Snack Raisin Toast Fresh Fruit Water	Morning Snack Hard Boiled Eggs Fresh Fruit Water	Morning Snack Homemade muffins Fresh Fruit Water	Morning Snack Cheerios with milk Fresh Fruit Water
Lunch Perogies with mixed vegetables Milk Fresh Fruit	Lunch Taco Tuesday Mexican Rice Milk Fresh Fruit	Lunch Baked pizza casserole Pita Slices Milk Fresh Fruit	Lunch Turkey Sausage Mashed Potatoes & Vegetables Milk Fresh Fruit	Lunch Meatball Subs Mixed vegetables Milk Fresh Fruit
Afternoon Snack Homemade Muffins Fresh Fruit Water	Afternoon Snack Homemade Hummus with vegetables Water	Afternoon Snack Cheese cubes with melon slices Water	Afternoon Snack Fruit Salad Pretzels Water	Afternoon Snack Rice Cakes Fresh Fruit Water

**Menu
Week Four**

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack Cheerios with milk Fresh Fruit Water	Morning Snack English muffins with jam Fresh Fruit Water	Morning Snack Apple Sauce Arrow root cookies Water	Morning Snack French Toast Fresh Fruit Water	Morning Snack Apple Cinnamon Oatmeal Fresh Fruit Water
Lunch Cream of Broccoli Grilled Cheese Milk Fresh Fruit	Lunch Baked Mac n' Cheese Broccoli Milk Fresh Fruit	Lunch Chicken & cheese quesadillas Mixed vegetables Milk Fresh Fruit	Lunch Spaghetti w/ Meat Sauce Garlic Bread Milk Fresh Fruit	Lunch Homemade Pizza Cucumber Slices Milk Fresh Fruit
Afternoon Snack Homemade Oatmeal Cookies Fresh Fruit Water	Afternoon Snack Vegetables & dip Crackers Water	Afternoon Snack Chocolate Chip Banana Bread Fresh Fruit Water	Afternoon Snack Yogurt with fresh berries Water	Afternoon Snack Rice Krispy Treat Fresh Fruit Water