

Week 1

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Rice Chex	Scrambled Egg Patty w/	Kix	Yogurt Parfait	Whole Grain
Goldfish Crackers	1/2 English Muffin	Honey Graham Cracker	4oz vanilla yogurt, 1/2 cup fruit, 1/4 nut free granola	French Toast Sticks
Oranges	Apples	Mixed Fruit		Pears
6 oz milk	6 oz milk	6 oz milk	6 oz milk	6 oz milk

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Sliced Roast Beef w/ Rice	Turkey and Cheese Sandwich	Grilled Cheese Sandwich	Chicken Tenders	Beef Burger
Green Beans	Steamed Carrots	Broccoli	Baked Fries	Green Peas
Pears	Apple	Oranges	Applesauce	Pineapple
6 oz milk	6 oz milk	6 oz milk	6 oz milk	6 oz milk

Week 2

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Blueberry Muffin	Pancakes	Cherrios	Yogurt Parfait	Strawberry Nuti-Grain
	w/ syrup		4oz vanilla yogurt, 1/2 cup fruit, 1/4 nut free granola	Bar
Applesauce	Orange Juice	Peaches		Apple Juice
6 oz milk	6 oz milk	6 oz milk	6 oz milk	6 oz milk

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Macaroni and Cheese	Beef Taco	Turkey Burger on WG Roll	Cheese Pizza	Ravioli
Baked Beans	Lettuce and Tomato	Baked Fries	Mixed Vegetables	Tossed Salad
Peaches	Mandarin Orange	Applesauce	Pears	Oranges
6 oz milk	6 oz milk	6 oz milk	6 oz milk	6 oz milk