

# Menu



Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Cheerios Fresh Fruit	Milk Oatmeal Fresh Fruit	Milk Blueberry Muffins Fresh Fruit	Milk French toast Or Pancakes Fresh Fruit	Milk Whole Wheat cheese Toast Fresh Fruit
Lunch	Milk Cheese Pizza Corn Applesauce	Milk Fett Alfredo Peas Fresh Fruit Bread	Milk Tacos Mixed Vegetables Spanish Rice Fruit Cocktail	Milk Baked Ziti Salad Garlic Bread Cinn. Apples	Milk Grilled Cheese Green Beans French Fries Fruit Salad
Snack	Fruit Juice Cheese sticks	Fruit Juice Animal Crackers	Fruit Juice Pretzels	Fruit Juice Cheese-its	Fruit Juice Yogurt
Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Waffles Fresh Fruit	Milk Cheesy Eggs Fresh Fruit	Milk Bran. Muffins Fresh Fruit	Milk Biscuits + Gravy Fresh Fruit	Milk Whole Wheat Cinn Toast Fresh Fruit
Lunch	Milk Spaghetti Salad Garlic Bread Applesauce	Milk BBQ chicken Peas Mashed Potatoes Fresh Fruit Bread	Milk Chicken Nuggets Mixed Vegetables Baked Beans French Fries Bread	Milk Cheese Quesadillas Corn Cinn. Apples	Milk Chicken Noodle Soup Green Beans Fruit salad Bread/Crackers
Snack	Fruit Juice Cheese & Crackers	Fruit Juice Graham Crackers	Fruit Juice Chex mix	Fruit Juice Gold fish	Fruit Juice Veggie/Apple Straws
Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Cheerios Fresh Fruit	Milk Oatmeal Fresh Fruit	Milk Blueberry Muffins Fresh Fruit	Milk French Toast Or Pancakes Fresh Fruit	Milk Whole Wheat Cheese Toast Fresh Fruit
Lunch	Milk Goulash Corn Applesauce Bread	Milk Fish sticks Peas Fresh Fruit Bread	Milk Chicken Casserole Salad Fruit Cocktail Bread	Milk Turkey w/ Cheese Sand. Baked Beans Cinn. Apples French Fries	Milk Ravioli Green Beans Fruit Salad Bread
Snack	Fruit Juice Cheese Sticks	Fruit Juice Animal Crackers	Fruit Juice Pretzels	Fruit Juice Cheeze-its	Fruit Juice Yogurt
Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Waffles Fresh Fruit	Milk Cheesy Eggs Fresh Fruit	Milk Bran. Muffins Fresh Fruit	Milk Biscuits + Gravy Fresh Fruit	Milk Whole Wheat Cinn. Toast Fresh Fruit
Lunch	Milk Lasagna Corn Applesauce Bread	Milk Chicken Parm Peas Fresh Fruit Bread	Milk Beefy Mac Salad Fruit Cocktail Bread	Milk Hash Brown Casserole Mixed Vegetables Cinn. Apples Bread	Milk Chicken w/ Gravy Green Beans Mashed Potatoes Fruit Salad Bread
Snack	Fruit Juice Cheese Crackers	Fruit Juice Graham Crackers	Fruit Juice Chex Mix	Fruit Juice Gold Fish	Fruit Juice Veggie/Apple Straws