



Menu Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Cereal Milk/Water	Toast with Butter, Or Jam Milk/Water	Homemade Muffins (carrot, banana or blueberry) Milk/Water	English Muffins with Butter, Jam Milk/Water	Multigrain Cereal Milk/ Water
French Toast Turkey/ chicken bacon Fresh Fruit Milk/Water	Greek Chicken Sweet Potato Fries Sliced Cucumber Fresh Fruit Milk/Water	Meatloaf with Ketchup Rice Green Beans Fresh Fruit Water/Milk	Creamy Ham Pasta with Broccoli Fresh Fruit Milk/Water	Ground Chicken/Turkey Chili Dinner rolls Fresh Fruit Milk/Water
Banana or Orange Bread Fresh Fruit Milk/ Water	Rice Cakes and Wow butter Fresh Fruit Milk/Water	Veggie Stick chips Tzatziki dip Fresh Fruit Milk/Water	Chickpea Brownies Milk/ Water	Graham Crackers & Cream Cheese Fresh Fruit Milk/Water

Menu Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Multigrain Cereal Milk/ Water	Cinnamon Raisin Toast with Butter Milk/Water	Homemade Muffins (carrot, banana or blueberry) Milk/Water	Multigrain Bagels with Butter or Cream Cheese Milk/Water	Waffles with Syrup Milk/ Water
Homemade Mac & Cheese Raw Veg Fresh Fruit Milk/Water	Butter Chicken Cauliflower Rice Naan Bread Fresh Fruit Milk/Water	Sloppy Joes, Tatertots, Baby Carrots, Fresh Fruit Milk/Water	Egg/ Tuna Sandwiches Veg Minestrone Soup Fresh Fruit Milk/ Water	BBQ Chicken Taquitos (shredded chicken, cheese and salsa) Raw Veg sticks Fresh Fruit Milk/ Water
Jello Fresh Fruit Milk/Water	Cheese & Crackers Fresh Fruit Milk/ Water	Apple Pie Oat bars Fresh Fruit Milk/ Water	Wow Butter & Cheerio bars Fresh Fruit Milk/ Water	Yogurt Parfait (granola, berries) Fresh Fruit Milk/ Water



Menu Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Multigrain Cereal Milk/ Water	Toast with Butter, Jam Milk/Water	Homemade Muffins (carrot, banana or blueberry) Milk/Water	English Muffins with Butter, or Jam Milk/Water	Multigrain Cereal Milk/ Water
Grilled Cheese Veg Soup with noodles Fresh Fruit, Milk/ Water	Spaghetti with Meat Sauce Garlic Bread Garden Salad Fresh Fruit Milk/Water	Fish Tacos (lettuce, cheese, salsa) Fresh Fruit Milk/ Water	Homemade Cheese/ Pepperoni Pizza Caesar Salad Fresh Fruit Milk/ Water	Chicken Nuggets French Fries Raw Veg sticks Fresh Fruit Milk/Water
Trail Mix Fresh Fruit Milk/ Water	Wow butter & Banana Sushi Fresh Fruit Milk/ Water	Granola bars Fresh Fruit Milk/Water	Apple sauce Digestive Cookies Fresh Fruit Milk/Water	Pumpkin Loaf Fresh Fruit Milk/ Water

Menu Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
Multigrain Cereal Milk/ Water	Cinnamon Raisin Toast with Butter Milk/Water	Homemade Muffins (carrot, banana or blueberry) Milk/Water	Multigrain Bagels with Butter or Cream Cheese Milk/Water	Waffles with Syrup Milk / Water
Pumpkin Pancakes, Breakfast sausage, Fresh Fruit Milk/ Water	Chicken Noodle Doodle (chicken and corn) Garden Salad Fresh Fruit Milk/ Water	Melty Ham and Cheese Pannini Butternut Squash soup Fresh Fruit Milk/Water	Cheese & Beef Quesadillas (salsa) Raw Veg Sticks Fresh Fruit Milk/ Water	Seasoned Chicken Rice Steamed California Mix veg Fresh Fruit Milk/ Water
Mini Croissants with Jam Fresh Fruit Milk/ Water	Nachos & Salsa Fresh Fruit Milk/Water	Oatmeal Chocolate Chip Cookies Fresh Fruit Milk/Water	Pretzels & Hummus Raw Veg sticks Milk/Water	Fish Crackers & Turkey Pepperettes Fresh Fruit Milk/Water