



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 Taqitos (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 |