

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> AM Snack	Cereal w. milk, fruit & water	Morning rounds, apple sauce, milk	Yogurt, banana baked oatmeal, milk	Hard boiled eggs, toast, milk	Bagel w. jam and fresh fruit, milk
Lunch	Tuna casserole, carrots, asst. fruit fresh, milk	Meatloaf, Mini boiled potatoes, mixed beans, fresh fruit, milk	Vegetable/bean/barley soup, crackers, wh grain bread, fruit, water	Whole wheat spaghetti w. turkey meat sauce, kale salad/corn (I,T), fruit, milk	Chicken stew, w.w round, fruit, water
PM snack	Whole grain crackers, asst. fruit, water	Hummus, naan bread wedges, water, vegetable	crackers, fruit, water, salsa	Cheese and whole grain crackers w. veg sticks, water	Melba toast w cream cheese & grapes, water
<b>Week 2</b> AM Snack	Cereal w milk, water, fruit	Yogurt with granola, berries, milk	W.w English muffin, fruit spread, fresh fruit, milk	Multi grain toast w. cinnamon spread & apple sauce, milk	Apple French toast bake, milk
Lunch	Baked fish, brown rice, peas, apple crisp, milk	Veg. soup, crackers, fresh veggie wrap, apples, milk	Chili, vegetables, wh grain crackers, melon, water	Pulled pork, vegetables, w.w round, fruit, milk	Vegetable baked pasta, green beans, fruit, water
PM snack	Whole grain crackers, assorted fruit, water	Melba toast, hard-boiled egg, banana, water	biscuits, grapes, water	Bean dip, wh grain crackers, veggies, water	Veggie tray w. dip, pita wedges, water
<b>Week 3</b> AM Snack	Cereal w milk, fruit, water	Yogurt w. granola, fruit, milk	Fruit smoothie, breakfast bar, water	Toast w. fruit spread, fruit, milk	loaf, fruit, milk
Lunch	Chicken & broccoli casserole, yellow beans, asst. fresh fruit milk	Leek & potato soup, crackers, chicken salad sandwich, ww bread, melon, milk	ww. spaghetti w. white bean alfredo sauce, broccoli, fruit, milk	Egg frittata, kale salad, oranges, milk (I/T vegetable)	Cabbage casserole, peas, apples, water
PM snack	Whole grain crackers, asst. fresh fruit, water	Cottage cheese, wh. gr. Cracker, banana, water	Naan wedge, sour cream dip, veg sticks, water	Cheese, wg crackers, grapes, water	Wh. grain wraps w. cream cheese, salsa, cucumber, water
<b>Week 4</b> AM Snack	Cereal w milk, fruit, water	Oatmeal, milk, fruit, water	Yogurt with loaf, water	Cinnamon raisin toast, apple sauce, milk	Waffle, syrup, fruit, milk
Lunch	Sweet/sour chicken, roasted potatoes, gr beans, fruit, milk	Minestrone soup, crackers, tuna sandwich wh gr round, fruit, milk	Sheppard's pie, broccoli & cauliflower, melon, milk	Scrambled eggs, peppers, cheese, hash browns, fruit, milk	Sloppy joes, ww round, mix veg (I,T), coleslaw, fruit, water
PM snack	Whole grain crackers, asst. fresh fruit, water	Cheese and wh gr crackers, apples, water	Spinach dip w. rye bread, vegetables, water	Triscuit or wh gr. Crackers, veggie sticks, water	Cream cheese, melba toast, fruit, water

Winter: November-April