

## MENU

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. SNACK	RAISIN BREAD MILK	BOILED EGGS TRISCUITS MILK	RICE KRISPIES MILK	FRESH FRUIT MILK	BAGELS & CREAM CHEESE MILK
MEAT & ALTERNATIVES	MEAT LASAGNA	HOMEMADE CHICKEN SOUP	CHEESE QUICHE	LENTIL CHILI	TOMATO & SPINACH PASTA
VEGETABLES	GARDEN SALAD CARROT STICKS	VEGGIES & DIP WOW BUTTER & JAM SANDWICHES	COOKED BROCCOLI HASH BROWNS TOMATO SLICES	MASHED POTATOES VEGGIES & DIP CORN	GARDEN SALAD VEGGIES & DIP
MILK & DAIRY	MILK	MILK	MILK	MILK	MILK
FRUIT OR OTHER DESSERTS	FRUIT COCKTAIL	YOGURT	FRESH FRUIT	PEACHES	CANTELOUPE
P.M. SNACK	BREAD STICKS VEGGIES & DIP WATER	MUFFINS/APPLES WATER	WOW BUTTER BANANNA WRAPS WATER	CHEESE BALL TRISCUITS WATER	OATMEAL COOKIES/GRAPES WATER

## MENU

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. SNACK	YOGURT MILK	RAISIN BRAN MILK	BAGELS AND CREAM CHEESE MILK	SCRAMBLED EGGS MILK	WAFFLES MILK
MEAT & ALTERNATIVES	BROCCOLI & CHICKEN CASSEROLE	CHICKEN CAKES	BREADED CHICKEN PIECES	HAMBURGERS	TOMATO SOUP & GRILLED CHEESE
VEGETABLES	CORN GREEN PEPPERS & DIP	PEAS CUCUMBERS POTATO WEDGES	COOKED CARROTS, GARDEN SALAD, ROASTED POTATOES	POTATO WEDGES TOMATO SLICES, CORN	GARDEN SALAD CUCUMBERS
MILK & DAIRY	MILK	MILK	MILK	MILK	MILK
FRUIT OR OTHER DESSERTS	APPLE SAUCE	BANANAS	FROZEN YOGURT	PEARS	FRESH FRUIT
P.M. SNACK	APPLES & RITZ CRACKERS WATER	CHEESE ON A BUN WATER	MUFFINS/APPLES WATER	MELBA TOAST HUMMUS WATER	CANTELOUPE & CRACKERS WATER

## MENU

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. SNACK	ENGLISH MUFFINS & WOW BUTTER MILK	BAGELS & CREAM CHEESE MILK	SHREDDIES MILK	MUFFINS MILK	COTTAGE CHEESE, YOGURT & MELBA TOAST MILK
MEAT & ALTERNATIVES	VEGETARIAN SPAGHETTI	ROAST CHICKEN	SWEET & SOUR MEATBALLS	CHICKEN FAJITAS	CHICKEN & VEGETARIAN PIZZA
VEGETABLES	TOSS SALAD EGGS CARROT STICKS GARLIC BREAD	PEAS BROCCOLI & DIP MASHED POTATOES & GRAVY	TOMATO SLICES GREEN BEANS RICE	FLAT BREAD VEGGIES & DIP HUSBROWNS	TOSS SALAD CUCUMBERS
MILK & DAIRY	MILK	MILK	MILK	MILK	MILK
FRUIT OR OTHER DESSERTS	PINE APPLE	PEARS	FROZEN YOGURT	APPLE SAUCE	MELON
P.M. SNACK	CHEESE & CRACKERS WATER	ARROWROOT COOKIES BANANAS WATER	NACHOS & SALSA WATER	GUACOMOLE IN A PITA WATER	BANANA BREAD WATER

## MENU

Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. SNACK	CINNAMON RAISIN BAGELS MILK	YOGURT MILK	RICE CAKES CREAM CHEESE PINEAPPLE MILK	CHEERIOS MILK	OATMEAL MILK
MEAT & ALTERNATIVES	CHICKEN QUESADILLA BEANS	TACOS	MACARONI & CHEESE CASSEROLE	SHEPARDS PIE	HOMEADE CHICKEN NUGGETS
VEGETABLES	VEGGIES & DIP CAULIFLOWER	MARINATED SALAD CARROT STICKS RICE	GREEN BEANS STEWED TOMATOES CARROT STICKS	CORN GRAVY VEGGIES & DIP	VEGGIES & DIP PEAS ROASTED POTATOES
MILK & DAIRY	MILK	MILK	MILK	MILK	MILK
FRUIT OR OTHER DESSERTS	PINE APPLE	PEACHES	ORANGES	FRUIT SALAD	FROZEN YOGURT
P.M. SNACK	CEREAL MIX GRAPES WATER	ENGLISH MUFFIN PIZZAS WATER	MUFFINS/APPLES WATER	CUCUMBER & DIP CREAM CHEESE WRAPS WATER	CHEESE AND CRACKERS WATER