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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning snack** | Whole Wheat toast and Fruit | Whole Wheat Cheerios and Fruit | Whole Wheat toast and Fruit | Whole Wheat Shreddies and Fruit | Whole Wheat toast and Fruit |
| **Regular Lunch** | BBQ Chicken with Roasted Potatoes Cooked Corn Raw Carrot Sticks | Minestrone Soup with Crackers, Grilled Cheese on Rye and  Cold Cauliflower/  Broccoli Sticks | Chicken a la King Over Whole Wheat Egg Noodles Raw Carrot and Cucumber Sticks | Beef and Low Fat Cheese Quesadillas Brown Rice, Sour Cream, Salsa Raw Celery and Pepper Sticks | Fish Sticks  Brown Rice Steamed Broccoli Raw Carrot Sticks |
| **Side** | Whole Wheat Bread with Butter & Fruit  ( ) | Fruit  ( ) | Fruit  ( ) | Fruit  ( ) | Whole Wheat Bread with Butter&Fruit ( ) |
| **Beverage** | 2% milk | 2% milk | 2% milk | 2% milk | 2% milk |
| **Modification for Toddler** | Chicken and Potatoes cut in small pieces Blanched Carrots  3% Milk | Cooked Cauliflower and Broccoli  3% Milk | Chopped Egg Noodles  Blanched Carrots  3% Milk | Peas and Carrots instead of Raw Celery and Pepper Sticks  3% Milk | Cooked Broccoli and Corn    3% Milk |
| **Vegetarian/**  **Hallal** | BBQ Tofu | Same as above | Soy Chicken a la King | Refried Bean and Cheese Quesadillas | Veggie Chicken tenders |
| **Afternoon snack** | Home Made  Bits “n” Bites  Cucumber Slices | Home Made Hummus and Whole Wheat Pita Slices | Low fat Yogurt and Apple Sauce with Nan | Granola Cookies  Fresh Fruit | High Fiber Muffins  Fresh Fruit |
| PM Snack | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |

\*\*\* WATER IS AVAILABLE AT ALL TIMES \*\*\*ADDITIONAL FOOD AVAILABLE AT ALL TIMES