|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **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 CornRaw Carrot Sticks | Minestrone Soup with Crackers, Grilled Cheese on Rye and Cold Cauliflower/Broccoli Sticks | Chicken a la KingOver Whole Wheat Egg NoodlesRaw Carrot and Cucumber Sticks | Beef and Low Fat Cheese QuesadillasBrown Rice, Sour Cream, SalsaRaw Celery and Pepper Sticks | Fish SticksBrown RiceSteamed BroccoliRaw 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 piecesBlanched Carrots 3% Milk | Cooked Cauliflower and Broccoli 3% Milk | Chopped Egg NoodlesBlanched Carrots3% Milk  | Peas and Carrots instead of Raw Celery and Pepper Sticks3% Milk | Cooked Broccoli and Corn3% 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 CookiesFresh Fruit | High Fiber MuffinsFresh 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