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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** | Butter Chicken with Brown Rice, Cooked Corn, and Raw Carrot Sticks | Lean Ground Beef with Whole Wheat Spaghetti and Tomato Sauce, Parmesan Cheese, Raw Carrot and Cucumber Sticks. | Home Made Spinach and Cheese Quiche with Green Salad (Romaine Lettuce, Carrot , Tomato Cucumber) | Homemade Baked Retina Pasta with Lean Chicken Breast Seasonal Vegetables, Tomato Sauce and Cheddar Cheese | Lean Ground Beef Taco’s with Cheese, Lettuce, Salsa, Sour Cream and Brown Rice |
| **Side** | Whole Wheat Bread with Butter and Fruit  ( ) | Whole Wheat Bread with Butter and Fruit  ( ) | Whole Wheat Bread with Butter and Fruit  ( ) | Raw Carrot and Cucumber Sticks Fruit  ( ) | Raw Carrot and Pepper Sticks Fruit ( ) |
| **Beverage** | 2% milk | 2% milk | 2% milk | 2% milk | 2% milk |
| **Modification for Toddler** | Blanched Carrots  3% Milk | Chopped Spaghetti  Blanched Carrots  3% Milk | Peas and Carrots instead of Salad  3% Milk | Corn instead of Carrot Sticks 3% Milk | Lean Ground Tex Mex Beef with Brown Rice Peas and Carrots 3% Milk |
| **Vegetarian/**  **Hallal** | Chickpea Korma with Brown Rice and Cooked Corn | Soy Protein with Whole Wheat Spaghetti and Tomato Sauce, Parmesan Cheese | Same as above | Homemade Baked Rotini Pasta with Ground Tofu and Cheddar Cheese | Bean and Cheese Taco’s with Low Fat Cheese, Peas and Carrots 3% Milk |
| **Afternoon snack** | Home Made  Bits “n” Bites &  Cucumber Slices | Carrots with Cheddar Dip | High Fiber Muffins with Fresh Fruit | Low Fat Yogurt with Honey and Home Made Granola | Popcorn and 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