

MOUNTAIN VIEW PREP DAILY CUISINE

Week 1				
Monday	Tuesday	Wednesday	Thursday	Friday
Cereal w/ milk Juice	Waffle sticks Juice	Sausage & biscuits Juice	Cheesy toast Juice	Pancakes w/ light syrup Juice
Baked chicken nuggets Corn Tater tots Milk	Spaghetti w/ sauce Green beans Pears Milk	Fish sticks Mashed potatoes Apple sauce Milk	Hamburgers Carrot sticks Pineapples Milk	Chicken and rice Green peas Peaches Milk
Mandarin oranges Juice	Fish crackers Juice	Graham crackers Juice	Saltines w/ cheese Juice	Chocolate chip cookies Juice

Week 2				
Monday	Tuesday	Wednesday	Thursday	Friday
Cereal w/ milk Juice	Hashbrowns Juice	Biscuits w/ jelly Juice	Muffins Juice	Sausage & biscuits Juice
Sloppy joe w/ bun Corn Mixed fruit Milk	Chicken quesadilla Green beans Mandarin oranges Milk	Tahiya's famous macaroni & cheese Green peas Apple sauce Milk	Beef nuggets Cucumbers Pears Milk	Pizza Corn Peaches Milk
Vanilla wafers Juice	Animal Crackers Juice	Graham crackers Juice	Yogurt Juice	Pretzels Juice

Week 3				
Monday	Tuesday	Wednesday	Thursday	Friday
Cereal w/ milk Juice	Biscuits w/ jelly Juice	Cheesy toast Juice	English muffins or bagels Juice	French toast sticks w/ syrup Juice
Pancakes Turkey sausage Green peas Apple sauce Milk	Beef nachos Corn Peaches Milk	Hot Dog* French fries Peas Milk	Fish sticks Buttered rice Cucumbers Milk	Spaghetti w/ sauce Green beans Pears Milk
Sugar cookies Juice	Vanilla wafers Juice	Cereal bar Juice	Graham crackers Juice	Pretzels Juice

Week 4				
Monday	Tuesday	Wednesday	Thursday	Friday
Cereal w/ milk Juice	Hashbrowns Juice	Cinnamon Toast Juice	French toast sticks w/ syrup Juice	Muffins Juice
Pizza or pizza rolls Corn Pears Milk	Macaroni & cheese Green beans Oranges Milk	Hamburgers Tater tots Green peas Milk	Turkey & cheese sandwich Green beans Mixed fruit Milk	Chicken sandwich Carrots Mashed potatoes Milk
Granola bar Juice	Chocolate chip cookies Juice	Vanilla wafers Juice	Pretzels Juice	Fish crackers Juice

***Young Toddler
Substitutions: Pizza
rolls, applesauce**

Week 5				
Monday	Tuesday	Wednesday	Thursday	Friday
Cereal w/ milk Juice	French toast sticks w/ syrup Juice	Hashbrowns Juice	Biscuits w/ jelly Juice	Sausage & biscuits Juice
Grilled cheese Tater tots Pears Milk	Beefy macaroni Peas Mixed fruit Milk	Fish sandwich Corn Mashed potatoes Milk	Veggie quesadilla Green beans Peaches Milk	Salisbury steak Mashed potatoes Pineapple Milk
Fruit Juice	Graham crackers Juice	Animal crackers Juice	Pretzels Juice	Vanilla wafers Juice