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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** | Chicken Stir-Fry (Broccoli, Carrot, Cauliflower and Cabbage) with Chinese Noodles | Tri Colored Cheese Tortellini with Marinara Sauce, Spinach and Red Pepper Salad with Chick Peas | Chicken Souvilaki and Cous Cous with Tzatziki Sauce Greek Salad, Whole Wheat Pita Slices | Home Made Vegetarian Chili with (Black and Kidney Beans, Zucchini, Carrot and Green Pepper) Low Fat Cheddar Cheese | Home Made Meat and Vegetable Pizza on Whole Wheat Pitas |
| **Side** | Fruit  ( ) | Fruit  ( ) | Whole Wheat Pita Slices with Butter and Fruit  ( ) | Raw Celery Sticks Whole Wheat Garlic Bread Fruit  ( ) | Spinach and Red Pepper Salad with Chick Peas &Fruit ( ) |
| **Beverage** | 2% milk | 2% milk | 2% milk | 2% milk | 2% milk |
| **Modification for Toddler** | Finely Cut Veg. with chopped Chinese Noodles  3% Milk | Cooked spinach and Corn ,Chickpeas  3% Milk | Chicken cut in small pieces Blanched Carrots and Cucumbers  3% Milk | Cucumbers instead of Celery  3% Milk | Cooked Zucchini and carrots instead of Salad  3% Milk |
| **Vegetarian/**  **Hallal** | Tofu Stir-fry | Same as above | Veggie Chicken tenders | Same as above | Vegetable Pizza |
| **Afternoon snack** | Low Fat Cheddar Cheese and Apples | Banana, Pea Butter and Bread | Home Made Oatmeal Cookies | High Fiber Muffins  Fresh Fruit | Vegetables and Dip with Crackers |
| PM Snack | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |

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