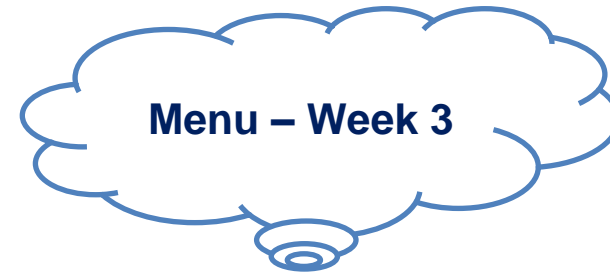




# Summer 2014



<b>Meal</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Cereal and Fruit Milk	Multigrain Bagels with Cream Cheese Oranges Milk	Plain Yogurt Granola Cantaloupe Milk	Oatmeal Berries Milk	French Toast Peanut Butter Bananas Milk
<b>Snack</b>	Pineapple with Cottage Cheese Crackers	Smoothies Almonds	Healthy Peanut Butter Rice Crispy Squares Fresh Veggies	Muffins Applesauce	Fruit Salad and Vanilla Yogurt
<b>Lunch</b>	Chicken Quesadillas Guacamole Fresh Salsa Milk	“Bulgogi” Korean Beef Noodles and Green Beans Milk	Ham and Cream Cheese pinwheels with Fruit Salad Milk	Shrimp Jambalaya Milk	Creamy Chicken Broco-Barley Casserole Milk
<b>Snack</b>	Avocado Banana Muffins	Cheese and Apples	Zucchini Bread Grapes	Fresh Veggies and Hummus	Healthy “Treat” with watermelon