



Week 1

Spring – Summer 2016

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal Berries Milk	Blueberry Bread Apples Milk	Cream of Wheat Pears Milk	Bagels Cream Cheese Grapes Milk	Toast Scrambled Eggs Cantaloupe Milk
Snack	Rice Pudding Bananas Water	Fruit Smoothies Crackers Water	Yogurt Granola Pineapple Water	Cottage Cheese Cinnamon Apples Water	Zucchini Muffins Orange Water
Lunch	Parmesan Chicken Mashed Potatoes Mixed Vegetables Milk	Creamy Carrot Soup Buns Milk	Salmon Frittata Chopped Salad Milk	Ham Fried Rice Broccoli Milk	Spaghetti with Bolognese Sauce Caesar Salad Milk
Snack	Cinnamon Raisin Bread Cauliflower Water	Rice Cake Peanut Butter Or Seed Butter Celery Water	Coconut Bread Carrots Water	Quinoa Chips Hummus Bell Peppers Water	Pretzels Cheese Cucumber Water