

WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Multi-Grain Cheerios Milk	Waffles with Butter Milk	Mixed Fresh Fruit Milk	Toast Jam/Cheez Whiz Milk	Apple Slices Orange Slices Milk
Lunch	Homemade Macaroni and Cheese (noodles, cheddar cheese, milk, butter) Ham Peas/carrots Milk	Ham Roasted Potato Carrots Milk	Chicken Nuggets & Sweet and Sour Sauce (White Meat) Rice Carrots Milk	Mini Pizza (Cheese, pizza sauce, chicken or pepperoni) Carrot sticks & dip Milk	Homemade Spaghetti (Noodles, Lean ground beef, Diced tomatoes, Tomato paste, mushrooms) Orange Slices Milk
Pm Snack	Graham Crackers With jam or butter Water	Munchie Mix (Goldfish, Multi-Grain Cheerios, Shreddies) Water	Unsalted Crackers Cheddar Cheese Cubes Water	Yogurt Apple slices	Homemade Blueberry muffins (1 ½ cp flour, ¾ cup white sugar, ½ tsp salt, 2 tsp baking powder, 1/3 cp veg oil, 1 egg, 1/3 cp milk, ¼ cp butter, 1 cp blueberries) Water

- * Fresh Milk
- * All Bread is Whole Wheat
- * Water is always offered

WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Special K Milk	Waffles with butter Milk	Toast Jam/Cheez Whiz Milk	Mixed Fresh Fruit Milk	Rice Krispies Milk
Lunch	Grilled Cheese Sandwiches (Whole Wheat Bread, Butter, Cheese) Ham Carrot Sticks/Dip Milk	Wraps (whole wheat wraps, chicken, ham, cheddar cheese, lettuce, tomato, ranch dressing) Orange slices Milk	Homemade Goulash (Noodles, lean ground beef, tomato soup) Oranges Milk	BBQ Chicken Rice Broccoli Milk	Roasted Potato Sausages Peas Milk
Pm Snack	Unsalted crackers Cream cheese Salsa Water	Graham Wafer Crackers Applesauce Water	Munchie Mix (Goldfish, Multi Grain Cheerios, Shreddies) Water	Carrot Sticks & Dip Cheese cubes Water	Banana Bread Muffins (1/3c oil, 1/2c honey, 2 eggs, 1/4 c water, 1tsp baking soda, 1tsp vanilla, 1/2tsp salt, 1/3tsp cinnamon, 1 3/4c flour, 3 bananas) Water

- * Fresh Milk
- * All Bread is Whole Wheat
- * Water is always offered