

Week 4



| Meal | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|---|---|---|---|---|
| Breakfast | Cereal with Milk, Banana | Bagels with Cream Cheese & Grapes, Milk | French Toast Casserole with Mixed Berries, Milk | Carrot Bran Bread & Cantaloupe, Milk | Whole Wheat Toast, Peanut Butter or Wow Butter, Apple, Milk |
| Snack | Graham Crackers, Peanut Butter or Wow Butter & Apples | Cinnamon Raisin Loaf & Bananas | Smoothies & Rice Cakes | Tapioca Rice Pudding & Pineapple | Fruit & Seed Bar & Cucumber |
| Lunch | Tofu Loaf, Mixed Veggies, Cranberry Sauce, Milk | Chicken, Barley & Broccoli Casserole Milk | Shrimp Vermicelli Salad with Bell Peppers, Milk | Homemade Tomato Soup, Grilled Cheese Sandwiches, Milk | Beef Adobo, Potatoes, Steamed Carrots, Milk |
| Snack | Carrot Walnut Bread & Oranges | Multigrain Chips, Hummus & Bell Peppers | Whole Wheat Crackers & Cheese, Carrots with dip | Bagels with Cream Cheese, Cucumber | Munchie Mix & Watermelon |