

WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Rice Krispies Milk	Waffles Butter Milk	Mixed Fresh Fruit Milk	Special K Milk	French Toast (Eggs, milk, whole wheat bread) Milk
Lunch	Chicken Nuggets & Sweet and Sour Sauce (White Meat) Rice Carrots Milk	Grilled Cheese Sandwiches (whole wheat bread, butter, natural cheese) Ham Orange Slices Milk	Mini Pizza (Cheese, pizza sauce, chicken or Pepperoni) Carrot Sticks & Dip Milk	Goulash (noodles, ground beef, tomatoe soup, ketchup, mushrooms, diced onions) Orange Slices Whole Wheat Bread Milk	Pork Dinner Roasted potatoes Carrots/Peas Dressing Gravy Milk
Pm Snack	Homemade Blueberry muffins (1 1/2 cp flour, 3/4 cup white sugar, 1/2 tsp salt, 2tsp baking powder, 1/3 cp veg oil, 1 egg, 1/3 cp milk, 1/4 cp butter, 1 cp blueberries) Juice	Yogurt Apple slices Water	Unsalted Crackers Cheddar Cheese Cubes Water	Munchie Mix (Goldfish, Multi Grain Cheerio's, Shreddies) Juice	Graham Crackers Jam Butter Juice

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

WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Plain Waffles Butter Milk	Cheerios Milk	Mixed Fresh Fruit Milk	Pancakes Syrup Milk	Apple Slices Toast Jam Cheese Whiz Butter Juice
Lunch	Homemade Macaroni and Cheese (noodles, cheddar cheese, milk, butter) Sausage Peas/carrots Milk	Baked Ham Mash Potatoes Carrots Milk	Roasted Chicken Breast Potatoes Carrots Gravy Dressing Milk	Sweet n. sour pork (3/4 cup white vinegar, 2/3 cup water, 1 tbsp ketchup, 2 tbsp corn starch) Rice Peas/Carrots Milk	Homemade Spaghetti (noodles, lean ground beef, diced tomatoe, tomatoe paste, mushrooms.) Orange Slices Garlic Bread Milk
Pin Snack	Homemade Oatmeal muffins (2 eggs, 1/2 cup veg oil, 1/2 cup milk, 1 cup flour, 3/4 cup oatmeal, 3 tsp baking powder, pinch of salt) Milk	Yogurt Peaches Water	Arrowroot Biscuits Cheddar cheese cubes Water	Munchie Mix (Goldfish, Multi Grain Cheerios, Shreddies) Juice	Unsalted crackers Cream Cheese Salsa Juice

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