

WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Multi-Grain Cheerios Milk	Whole Wheat Toast Jam Cheez Whiz Butter Milk	Mixed Fresh Fruit Milk	Special K Milk	Apples Oranges Milk
Lunch	Homemade Macaroni & Cheese (Noodles, cheddar cheese, milk, butter) Ham slices Peas/Carrots Milk	Baked Ham Rice Carrots Milk	Chicken Wraps (Whole wheat wraps, chicken, ham, cheddar cheese, lettuce, tomato, ranch dressing) Orange Slices	Mini Pizza (Cheese, pizza sauce, chicken, or pepperoni) Carrot Sticks Ranch Milk	Homemade Spaghetti (Noodles, lean ground beef, diced tomatoes, tomato paste, mushrooms) Garlic Bread Orange Slices Milk
Pm Snack	Graham Crackers Jam Butter Water	Munchie Mix (Goldfish, Multi-grain Cheerios, Shreddies, animal crackers) Water	Unsalted Crackers Cheddar Cheese Cubes Butter Water	Yogurt Apples Slices Water	Blueberry muffins

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

WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Rice Krispies Milk	Whole Wheat Toast Jam Butter Cheese Whiz Milk	Cheerios Milk	Waffles Butter Milk	Mixed Fresh Fruit Milk
Lunch	Grilled Cheese Sandwiches (Whole wheat bread, Butter, Cheese Slices) Ham Carrot Sticks Ranch dressing Milk	Chicken Nuggets Rice Sweet n sour sauce Carrots Milk	Chicken Dinner Gravy Dressing Potatoes & Carrots Bread Milk	Homemade Goulash (Noodles, lean ground beef, tomato soup) Orange Slices Bread with butter Milk	Sausages Potatoes Peas Milk
Pm Snack	Munchie Mix (Goldfish, Multi-grain Cheerios, Shreddies, animal crackers) Water	Crackers Salsa Cream Cheese Water	Yogurt Peaches Water	Carrot sticks Cheese cubes Ranch dressing Water	Oatmeal muffins

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