

WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Special K Milk	Mixed fresh fruit Milk	Plain Waffles Milk	Toast with jam or butter Milk	Cheerios Milk
Lunch	Homemade Mini pizza (whole wheat English muffins, tomato sauce, cheddar cheese, pepperoni) Carrot sticks Milk	Grilled Cheese Sandwiches (whole wheat bread, butter, natural cheese) Ham Broccoli Milk	Chicken Nuggets (white meat) Whole Wheat bread. Carrots Milk	Goulash (noodles, ground beef, tomato soup, tomato paste, ketchup, peppers, mushrooms, diced onions) Milk	Sweet n Sour Pork Rice Peas/Carrots Milk
Pm Snack	Graham Crackers With jam or butter Fruit Slices Water	Munchie Mix (Gold Fish, Multi Grain Cheerios, Shreddies) Water	Unsalted Crackers Cheddar Cheese Cubes Fruit Slices Water	Yogurt Peaches Water	Homemade Blueberry muffins (1 ½ cup flour, ¾ cup white sugar, ½ tsp salt, 2tsp baking powder, 1/3 cup veg oil, 1 egg, 1/3 cup milk, ¼ cup butter, 1 cup blueberries) Water

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

WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Special K Milk	Plain Waffles Milk	Toast Jam, cheese whiz, butter Milk	Rice Krispies Milk	Mixed Fresh fruit Milk
Lunch	Homemade Macaroni and Cheese (noodles, cheddar cheese, milk, butter) Ham Peas and carrots Milk	Beef Stew (Beef, potatoes, carrots, turnip, celery, onions) Homemade Buns Milk	BBQ Chicken Rice Broccoli Milk	Glazed Ham Mashed Potatoes Peas/Carrots Milk	Pancakes Sausages Carrot Sticks Milk
Pm Snack	Unsalted Crackers Cream Cheese Salsa Fruit Slices Water	Yogurt Mandarin Oranges Water	Arrowroot Biscuits Cheddar Cheese Cubes Fruit Slices Water	Munchie Mix (Gold Fish, Multi Grain Cheerios, Shreddies) Fruit Slices Water	Homemade Blueberry muffins (1 ½ cup flour, ¾ cup white sugar, ½ tsp salt, 2tsp baking powder, 1/3 cup veg oil, 1 egg, 1/3 cup milk, ¼ cup butter, 1 cup blueberries) Water

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