



Week 4

Spring – Summer 2016

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal Berries Milk	Blueberry Bread Apples Milk	Cream of Wheat Pears Milk	Bagels Cream Cheese Grapes Milk	Toast Scrambled Eggs Cantaloupe Milk
Snack	Rice Pudding Bananas Water	Fruit Smoothies Crackers Water	Yogurt Granola Pineapple Water	Cottage Cheese Cinnamon Apples Water	Zucchini Muffins Orange Water
Lunch	Chicken Masala Rice Cauliflower Milk	Cheese Quesadilla Bean Salad Milk	Tilapia Scampi Quinoa Pilaf Mixed Vegetables Milk	Hamburger Patties Bun Coleslaw Milk	Pork Sausage Mashed Potatoes Tossed Salad Milk
Snack	Cinnamon Raisin Bread Cauliflower Water	Rice Cake Peanut Butter Or Seed Butter Celery Water	Coconut Bread Carrots Water	Quinoa Chips Hummus Bell Peppers Water	Pretzels Cheese Cucumber Water