



**Menu – Week 1**

<b>Meal</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Cereal with Fruit Milk	Multigrain Bagels Cream Cheese Oranges Milk	Plain Yogurt Granola Cantaloupe Milk	Oatmeal with Berries Milk	French Toast Peanut Butter Bananas Milk
<b>Snack</b>	Pineapple with Cottage Cheese Crackers	Smoothies Almonds	Healthy Peanut Butter Rice Crispy Squares Fresh Veggies	Muffins Applesauce	Fruit Salad Vanilla Yogurt
<b>Lunch</b>	Sloppy Joes with Corn, Cheese Tortilla Chips Milk	Coconut Chicken Baked Fries Fresh Veggies Milk	Cheesy Pita Pizza Caesar Salad Milk	Summer Spaghetti Squash with Prawns Milk	Bacon and cheese Macaroni with Steamed Broccoli Milk
<b>Snack</b>	Avocado Banana Muffins	Cheese and Apples	Zucchini Bread Grapes	Veggies and Hummus	Healthy “Treat” with Watermelon