

WEEK 1

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
AM Snack	Waffles Butter Milk	Apple Slices Milk	Cheerio's Milk	Mixed Fresh Fruit Milk	Toast Jam or Butter Milk
Lunch	Homemade Macaroni and Cheese (noodles, cheddar cheese, milk, butter) Ham Peas/carrots Milk	Ham Mashed Potato Carrots Milk	Chicken Nuggets & Sweet and Sour Sauce (White Meat) Rice Carrots Milk	Wraps ( whole wheat wraps, chicken, cheddar cheese, lettuce tomato, ranch dressing) Milk	Homemade Spaghetti (Noodles, Lean ground beef, Diced tomatoes, Tomatoe paste, mushrooms) Orange Slices Milk
Pm Snack	Graham Crackers With jam or butter  Water	Munchie Mix (Goldfish, Multi Grain Cheerio's, Shreddies) Juice	Yogurt Apple slices  Water	Unsalted Crackers Cheddar Cheese Cubes  Water	Homemade Blueberry muffins (1 ½ cp flour, ¾ cup white sugar, ½ tsp salt, 2tsp baking powder, 1/3 cp veg oil, 1 egg, 1/3 cp milk, ¼ cp butter, 1 cp blueberries) Juice

\* Fresh Milk

\* All Bread is Whole Wheat

\* Water is always offered

WEEK 2

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
AM Snack	Plain Waffles Butter Milk	Mixed Fresh Fruit Milk	Special K Milk	Toast Jam or butter Milk	Rice Krispies Milk
Lunch	Grilled Cheese Sandwiches (Whole Wheat Bread, Butter, Natural Cheese) Ham Carrot Sticks Milk	Potatoe Sausages Oranges Milk	Homemade Goulash (Noodles, lean ground beef, tomatoe soup) Oranges Bread w/butter Milk	BBQ Chicken Rice Broccoli Milk	Mini Pizza ( Cheese, pizza sauce, chicken or pepperoni) Carrot sticks & dip Milk
Pm Snack	Unsalted crackers Cream cheese Salsa  Water	Munchie Mix (Goldfish, Multi Grain Cheerio's, Shreddies)  Juice	Yogurt Peaches  Water	Carrot Sticks & Dip Cheese cubes  Water	Banana Bread Muffins (1/3c oil, 1/2c honey, 2 eggs, 1/4 c water, 1tsp baking soda, 1tsp vanilla, 1/2tsp salt, 1/3tsp cinnamon, 1 3/4c flour, 3 bananas) Juice

\* Fresh Milk

\* All Bread is Whole Wheat

\* Water is always offered