



## Weekly Menu Sample

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Assorted Cereals w/ milk Whole Grain Toast w/ butter or jelly Fruit Juice	Oatmeal Apple slices English Muffin w/Butter or jelly	Bagel w/ cream cheese Cinnamon Rolls Fruit Juice	Asst. Muffins Whole Grain Toast w/ butter or jelly Fruit Cup	Fruit Yogurt Vegetable Juice Whole Grain Toast w/ butter or jelly
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Sliced Turkey w/ turkey gravy Mashed Potatoes Steamed Vegetables Cornbread Muffin Brownie Squares	Meatloaf w/ gravy Garlic Dill New Potatoes Vegetable Stuffing Whole Grain Bread Peach Cup	Macaroni & Cheese Green Beans Sweet Corn Whole Grain Bread Cinnamon Apples	Rotisserie Chicken Southwest Rice Creamed Spinach Green Beans Chocolate Chip Cookie	Roasted Tomato Sandwich Chicken Soup Cornbread Fruit cup
<b>Snack PM</b>	<b>Snack PM</b>	<b>Snack PM</b>	<b>Snack PM</b>	<b>Snack PM</b>
Granola Bars Fruit Cup	Vegetable juice Cheese Sticks Crackers	Peanut butter & jelly sandwich (Smuckers) Or Cheese cracker sandwich	Cottage Cheese Crackers Veggie sticks	Ice cream sandwich or Cheese cracker sandwich

**Beverage options:** Coffee, Tea (hot or cold), water, 100% juice or 1% low fat milk

*Our nutritious meals are freshly prepared and dietician approved.*

