



Week 3

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	Onion & Garlic Chicken Mashed Potatoes Green Beans Milk	Scrambled Eggs Pancakes Cantaloupe Milk	Ginger Shrimp Fried Rice Noodles Stir Fry Veggies Milk	Pork Goulash Soup Cabbage Salad Milk	Cheesy Beef Melts Steamed Cauliflower 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