



# Week 2

Spring – Summer 2016

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Cereal Berries Milk	Blueberry Bread Apples Milk	Cream of Wheat Pears Milk	Bagels Cream Cheese Grapes Milk	Toast Scrambled Eggs Cantaloupe Milk
<b>Snack</b>	Rice Pudding Bananas Water	Fruit Smoothies Crackers Water	Yogurt Granola Pineapple Water	Cottage Cheese Cinnamon Apples Water	Zucchini Muffins Orange Water
<b>Lunch</b>	Sweet & Sour Chicken Rice Peas Milk	Pasta Primavera Spinach Salad Milk	Tuna Potato Salad Corn Milk	Pork Souvlaki Pita Greek Salad Milk	Beef Soft Tacos Lettuce, Tomato Milk
<b>Snack</b>	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