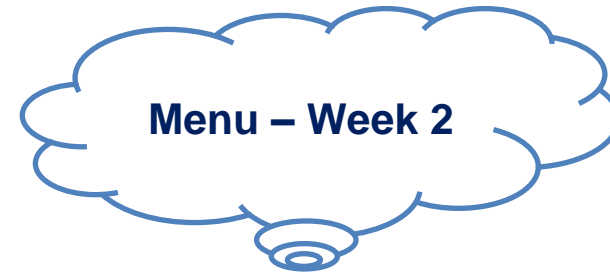




Summer 2014



Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal and Fruit Milk	Multigrain Bagels with Cream Cheese Oranges Milk	Plain Yogurt Granola Cantaloupe Milk	Oatmeal with Berries Milk	Pancakes Peanut Butter Bananas Milk
Snack	Pineapple with Cottage Cheese Crackers	Smoothies Almonds	Healthy Peanut Butter Rice Crispy Squares Fresh Veggies	Muffins Applesauce	Fruit Salad Vanilla Yogurt
Lunch	El Dorado Beef Casserole Whole Wheat Chips Milk	Fish and Sweet Corn Chowder Milk	Cold Cut Platter with Cheese, Crackers and Veggies Milk	Veggie Burgers with Watermelon Milk	Chicken Rice- Paper Salad Rolls Peanut Satay Sauce Milk
Snack	Avocado Banana Muffins	Cheese and apples	Zucchini Bread Grapes	Veggies Hummus	Healthy "Treat" with Oranges