

Menu

Week One

Monday	Tuesday	Wednesday	Thursday	Friday
Mini Breakfast Milk/water Oatmeal	Mini Breakfast Milk/water French toast	Mini Breakfast Milk/water Cold cereal	Mini Breakfast Milk/water Cream of Wheat	Mini Breakfast Milk/water Tea biscuits
Lunch Milk/water Raw vegetables Homemade fish chowder Cheese biscuits Fruit	Lunch Milk/water Raw vegetables Chicken wieners & Bean stew Dinner rolls Fruit	Lunch Milk/water Raw vegetables Macaroni & cheese Steamed vegetables Breadsticks Fruit	Lunch Milk/water Tossed salad Unstuffed beef cabbage Rice Corn Fresh bread Fruit	Lunch Milk/water Raw vegetables Breaded chicken Quinoa Bean salad Pita Fruit
Snack Water Rice pudding & Raisins	Snack Water Zucchini bread Fruit	Snack Water Banana muffin Fruit	Snack Water Trail mix Fruit	Snack Water Applesauce & Melba toast

Menu

Week Two

Monday	Tuesday	Wednesday	Thursday	Friday
Mini Breakfast Milk/water Cream of Wheat	Mini Breakfast Milk/water Muffins	Mini Breakfast Milk/water Oatmeal	Mini Breakfast Milk/water Bagels	Mini Breakfast Milk/water Cold cereal
Lunch Milk/water Raw vegetables Lentil & vegetable soup Crackers Fruit	Lunch Milk/water Raw vegetables Scrambled eggs Home fries Toast Fruit	Lunch Milk/water Cooked vegetables Spaghetti with turkey bacon in red sauce Dinner rolls Fruit	Lunch Milk/water Coleslaw Fish with mango chutney Rice Bread Fruit	Lunch Milk/water Raw vegetables Beef Stroganoff Steamed green beans Fresh bread Fruit
Snack Water Apple loaf & Fruit	Snack Water Bean brownies Fruit	Snack Water Cheese & crackers Fruit	Snack Water Hummus & Pitas	Snack Water Veggies & dip

Menu

Week Three

Monday	Tuesday	Wednesday	Thursday	Friday
Mini Breakfast Milk/water Cold cereal	Mini Breakfast Milk/water Cream of Wheat	Mini Breakfast Milk/water Yogurt	Mini Breakfast Milk/water Oatmeal	Mini Breakfast Milk/water Toast
Lunch Milk/water Raw vegetables Chili con carne Rice Pita Fruit	Lunch Milk/water Raw vegetables White fish & noodle casserole Mixed veggies Breadsticks Fruit	Lunch Milk/water Raw vegetables Vegetarian lasagna Green beans Dinner rolls Fruit	Lunch Milk/water Raw vegetables Grilled cheese sandwiches Soup Fruit	Lunch Milk/water Tossed salad Chicken & vegetable pot pie Carrots Fresh bread Fruit
Snack Water Celery & cream cheese Raisins	Snack Water Corn bread Fruit	Snack Water Applesauce & Melba toast	Snack Water Graham crackers Fruit	Snack Water Cheese & crackers Fruit

Menu

Week Four

Monday	Tuesday	Wednesday	Thursday	Friday
Mini Breakfast Milk/water Cream of Wheat	Mini Breakfast Milk/water Oatmeal	Mini Breakfast Milk/water Bagels	Mini Breakfast Milk/water Cold cereal	Mini Breakfast Milk/water English muffins
Lunch Milk/water Raw vegetables Potato & turkey bacon soup Crackers Fruit	Lunch Milk/water Raw vegetables Vegetable bean stew with quinoa & rice Bread Fruit	Lunch Milk/water Raw vegetables Chicken stir fry Rice Steamed vegetables Bread Fruit	Lunch Milk/water Raw vegetables Stewed hamburger Mashed potatoes Couscous salad Fresh bread Fruit	Lunch Milk/water Coleslaw Fish & potato cakes Peas Bread & butter pickles Fruit
Snack Water Muffins Fruit	Snack Water Hummus & pitas	Snack Water Homemade oatmeal cookies & Fruit	Snack Water Banana loaf Fruit	Snack Water Bagels & cream cheese Fruit

Week Five

Monday	Tuesday	Wednesday	Thursday	Friday
Mini Breakfast Milk/water Oatmeal	Mini Breakfast Milk/water Cold cereal	Mini Breakfast Milk/water English muffins	Mini Breakfast Milk/water Toast	Mini Breakfast Milk/water Cream of Wheat
Lunch Milk/water Coleslaw Pancakes Sausages Fruit	Lunch Milk/water Raw vegetables Vegetable & cheese frittata Steamed carrots Fresh bread Fruit	Lunch Milk/water Raw vegetables Chicken cacciatore Bean medley Bread Fruit	Lunch Milk/water Raw vegetables Salmon & rice casserole Peas Pita Fruit	Lunch Milk/water Raw vegetables Salisbury steak/gravy Potatoes Cooked vegetables Bread Fruit
Snack Water Ritz crackers & cheese Fruit	Snack Water Lemon loaf Fruit	Snack Water Banana & cream cheese wraps	Snack Water Scones Fruit	Snack Water Graham crackers Fruit

Alternative Week

Monday	Tuesday	Wednesday	Thursday	Friday
Mini Breakfast Milk/water Cold Cereal	Mini Breakfast Milk/water Bagels	Mini Breakfast Milk/water Yogurt	Mini Breakfast Milk/water Oatmeal	Mini Breakfast Milk/water Cereal
Lunch Milk/water Raw vegetables Spaghetti Dinner rolls Fruit	Lunch Milk/water Raw vegetables White fish & noodle casserole Mixed vegetables Breadsticks Fruit	Lunch Milk/water Raw vegetables Salisbury steak Rice Bean medley Bread Fruit	Lunch Milk/water Tossed salad Chicken wieners & beans Dinner rolls Fruit	Lunch Milk/water Pickles Chili & rice Pita Fruit
Snack Water Ritz crackers & cheese Fruit	Snack Water Hummus Pita	Snack Water Applesauce & melba toast	Snack Water Trail mix Fruit	Snack Water Graham crackers Fruit