

Weekly Menu



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfas	WG Toast w/ Sun Butter Fruit Cocktail 1%/Whole Milk	Waffles w/ Syrup Peaches 1%/Whole Milk	Oatmeal Oranges 1%/Whole Milk	WG Cheerios Apple Sauce 1%/Whole Milk	Waffles Apples 1%/Whole Milk
Lunch	Turkey sandwich on WG Bread Broccoli Apple sauce 1%/Whole Milk	Chicken & WG Brown Rice Green Beans Apples 1%/Whole Milk	Homemade Spaghetti & Meatballs Corn Peaches 1%/Whole Milk	Slow Cooker Macaroni N Cheese Peas Apple slices 1%/Whole Milk	Chicken Tacos on WG Tortilla Peas Diced Peaches 1%/Whole Milk
PM	Goldfish Apple Juice	Yogurt Bananas	WG Wheat Thins Apple Juice	Ritz Crackers String Cheese	Tuna Ritz Crackers Apple Juice

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	WG Wheat Toast w/Butter Pineapple 1%/Whole Milk	Rice Krispies Bananas 1%/Whole Milk	Pancakes w/ Syrup Diced Peaches 1%/Whole Milk	Cheerios Apple slice 1%/Whole Milk	Eng. Muffin w/Sun Butter Mixed fruit 1%/Whole Milk
Lunch	Pepperoni Pizza on Eng. Muffin Corn Bananas 1%/Whole Milk	Grd. Turkey Sloppy Joes on WG Bun Green Beans Diced Peaches 1%/Whole Milk	Chicken Sandwich on WG Wheat Bread Green Beans Bananas 1%/Whole Milk	Turkey on WG Wheat Bread Carrots Oranges 1%/Whole Milk	Chicken Nuggets WG Wheat bread Mixed Veggies Oranges 1%/Whole Milk
PM	Pretzels Apple Juice	Pretzels Apple juice	Ritz Crackers String Cheese	Graham Crackers Apple juice	Apple Sauce Animal Crackers

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	English Muffin w/Jelly Oranges 1% or Whole Milk	Oatmeal Blueberries 1%/Whole Milk	English Muffin w/ Sun Butter Pineapples 1%/Whole Milk	Waffles Blueberries 1%/Whole Milk	Corn Flakes Oranges 1%/Whole Milk
Lunch	Meatball Subs on WG Wheat Bread Peas Pineapples 1% or Whole Milk	Chicken & WG Brown Rice Green Beans Apples 1%/Whole Milk	Grilled cheese on WG Wheat Bread Corn Pears 1%/Whole Milk	Fish Sticks w/WG Brown Rice Green Beans Apples 1%/Whole Milk	Turkey sandwich on WG Wheat Bread Broccoli Apple sauce 1%/Whole Milk
PM	Graham Crackers Yogurt	Animal Crackers Apple Juice	Pretzels w/ Hummus Apple juice	Tuna Ritz Crackers Apple Juice	Banana & Sun Butter Roll Ups

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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	WG Wheat Toast w/Butter Apples 1%/Whole Milk	WG Oatmeal peaches 1%/Whole Milk	Oatmeal Blueberries 1%/Whole Milk	English Muffin w/ Sun Butter Pineapples 1%/Whole Milk	Waffles Blueberries 1%/Whole Milk
Lunch	Chicken Tacos Corn Oranges 1%/Whole Milk	Homemade Pizza English Muffin Mixed Veggies Oranges 1%/Whole Milk	Chicken Nuggets WG Wheat Bread Mixed Veggies Pears 1%/Whole Milk	Sloppy Joes w/ ground turkey on WG Wheat Bread Peas Pineapple 1%/Whole Milk	Chicken Patty WG Wheat bread Carrots Apples 1%/Whole Milk
PM	WG Wheat Thins Apple Juice	Yogurt Bananas	Pretzel sticks Applesauce	Animal Crackers Apple Juice	Ritz Crackers Cheddar Cheese

