Menu Week 1

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |
| --- | --- | --- | --- |
| Day | AM Snack | Lunch | PM Snack |
| Monday | Oatmeal  Muffins  Milk | Tuna Sandwiches  Vegetable Soup  Milk  Fruit Salad | Soda Crackers  Cheese  Water |
| Tuesday | Toast  Milk | Chicken & Rice  Peas  Milk  Apple Sauce | Bananas with Peanut  Butter & graham  crumb on a Stick  water |
| Wednesday | Bagels  Milk | Pork Roast  Potatoes  Frozen Veggies  Bread  Milk  Peaches | Veggies & Dip  Milk |
| Thursday | Oranges  Cheerios  Water | Sloppy Joes  Home Fries  Carrot Sticks  Milk  Pears | Yogurt  Whole grain  Crackers |
| Friday | Cereal  Milk | Spagetti &  Meat Sauce  Corn  Milk  Fruit Cocktail | Apples & Cheese  Water |

Menu Week 2

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |
| --- | --- | --- | --- |
| Day | Am Snack | Lunch | PM Snack |
| Monday | Oatmeal  Muffins  Milk | Haddock Wedges  Hashbrowns, Bread  Mixed Veggies  Milk  Fruit Salad | Whole Grain  Crackers  Cheese  Water |
| Tuesday | Toast  Milk | Chicken Nuggets  Rice & Corn  Milk  Peaches | Salsa &  Nacho Chips  Milk |
| Wednesday | Cheese  Whole Wheat  Tea biscuits  Milk | Ham & Potatoes  Peas & Carrots  Bread  Milk  Pears | Mini Pizzas  Water |
| Thursday | Bananas  Milk | Macaroni, Meat Sauce  Bread  Frozen Peas  Milk  Apples | Frozen Yogurt  Fruit Pop |
| Friday | Cereal  Milk | Garlic Meatballs & Rice  Green Beans  Milk  Fruit Salad | Soda Crackers  Peanut butter  Water |

Menu Week 3

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |
| --- | --- | --- | --- |
| Day | AM Snack | Lunch | PM Snack |
| Monday | Oatmeal  Muffins  Milk | Haddock Sticks  Rice  Frozen Corn  Milk  Fruit Salad | Apples & Cheese  Water |
| Tuesday | Toast  Eggs  Milk | Spaghetti &  Meat Sauce  Frozen Peas  Milk  Apple Sauce | Cheerios  Shreddies  Pretzels  Cheese  Water |
| Wednesday | Bagels  Milk | Roast Beef  Potatoes/Gravy  Bread & Carrots  Milk  Peaches | Yogurt  Whole Grain  Crackers |
| Thursday | Oranges  Cereal  Water | Mini Pizza on English Muffins  Milk  Pears | Soda Crackers  Peanut butter  Milk |
| Friday | Cereal  Milk | Corn Beef Hash  Peas & Carrots  Bread  Milk  Fruit Salad | Banana with Peanut  Butter & Graham Crumb  on a Stick  Milk |

Menu Week 4

Date:\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |
| --- | --- | --- | --- |
| Day | Am Snack | Lunch | PM Snack |
| Monday | Oatmeal  Muffins  Milk | Tuna Melts  Hash browns  Broccoli  Milk  Fruit Salad | Whole Grain  Crackers  Cheese  Water |
| Tuesday | Toast  Milk | Chicken & rice  Corn  Milk  Pears | Oranges  Dry cereal  Water |
| Wednesday | Bananas  Milk | Pork & Mushroom  Sauce & Rice  Carrots  Milk  Apples Sauce | Soda Crackers  Peanutbutter  Water |
| Thursday | English Muffins  Milk | Hamburger & Gravy  Potatoes & Peas  Bread  Milk  Apples | Frozen yogurt  Fruit pops |
| Friday | Cereal  Milk | Macaroni & Meat  Sauce  Garlic Bread  Milk  Peaches | Oatmeal Cookies  Milk |