Menu Week 1

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

|  |  |  |  |
| --- | --- | --- | --- |
| Day | AM Snack | Lunch | PM Snack |
| Monday | Oatmeal MuffinsMilk | Tuna SandwichesVegetable Soup MilkFruit Salad | Soda CrackersCheeseWater |
| Tuesday | ToastMilk | Chicken & RicePeasMilkApple Sauce | Bananas with Peanut Butter & graham crumb on a Stickwater |
| Wednesday | BagelsMilk | Pork Roast PotatoesFrozen VeggiesBreadMilk Peaches | Veggies & DipMilk |
| Thursday | OrangesCheeriosWater | Sloppy JoesHome FriesCarrot SticksMilkPears | YogurtWhole grainCrackers |
| Friday | CerealMilk | Spagetti & Meat SauceCornMilk Fruit Cocktail  | Apples & CheeseWater |

Menu Week 2

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

|  |  |  |  |
| --- | --- | --- | --- |
| Day | Am Snack | Lunch | PM Snack |
| Monday | OatmealMuffinsMilk | Haddock WedgesHashbrowns, Bread Mixed VeggiesMilkFruit Salad | Whole GrainCrackersCheeseWater |
| Tuesday | ToastMilk | Chicken NuggetsRice & CornMilkPeaches | Salsa &Nacho ChipsMilk  |
| Wednesday | Cheese Whole Wheat Tea biscuitsMilk | Ham & PotatoesPeas & CarrotsBreadMilkPears | Mini PizzasWater |
| Thursday | BananasMilk | Macaroni, Meat SauceBreadFrozen PeasMilkApples | Frozen YogurtFruit Pop |
| Friday | Cereal Milk | Garlic Meatballs & RiceGreen BeansMilkFruit Salad | Soda CrackersPeanut butter Water |

Menu Week 3

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

|  |  |  |  |
| --- | --- | --- | --- |
| Day | AM Snack | Lunch | PM Snack |
| Monday | OatmealMuffinsMilk | Haddock SticksRiceFrozen CornMilkFruit Salad | Apples & CheeseWater |
| Tuesday | Toast EggsMilk | Spaghetti &Meat SauceFrozen PeasMilkApple Sauce | CheeriosShreddiesPretzelsCheeseWater |
| Wednesday | BagelsMilk | Roast BeefPotatoes/GravyBread & CarrotsMilkPeaches | YogurtWhole GrainCrackers |
| Thursday | OrangesCerealWater | Mini Pizza on English MuffinsMilkPears | Soda CrackersPeanut butterMilk |
| Friday | CerealMilk | Corn Beef HashPeas & CarrotsBread MilkFruit Salad | Banana with PeanutButter & Graham Crumbon a StickMilk |

Menu Week 4

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

|  |  |  |  |
| --- | --- | --- | --- |
| Day | Am Snack | Lunch | PM Snack |
| Monday | OatmealMuffinsMilk | Tuna MeltsHash brownsBroccoliMilkFruit Salad | Whole GrainCrackersCheeseWater |
| Tuesday | ToastMilk | Chicken & riceCornMilkPears | OrangesDry cerealWater |
| Wednesday | BananasMilk | Pork & MushroomSauce & RiceCarrots MilkApples Sauce | Soda CrackersPeanutbutterWater |
| Thursday | English MuffinsMilk | Hamburger & GravyPotatoes & Peas BreadMilk Apples | Frozen yogurtFruit pops |
| Friday | CerealMilk | Macaroni & MeatSauceGarlic BreadMilkPeaches | Oatmeal CookiesMilk |