



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack					1 Whole grain waffles blueberries w/syrup
Lunch					Grilled Cheese, Vegetable Soup, Mandarin Oranges.
PM Snack					Sliced Grapes w/cheese cubes & water
AM Snack	4 Cheese omelet w/ strawberries, milk	5 Whole grain cereal w/ blueberries, milk	6 Cheese toast w/ bananas, milk	7 Baked blueberry muffins, milk	8 Pancakes w/ fresh mango and milk
Lunch	Macaroni & Cheese, Salad with Ranch Dressing and fresh apple slices.	Baked Beef Nuggets, fresh steamed broccoli, diced peaches, milk	Whole Wheat Cheese Pizza, steamed corn , sliced peaches & milk	Baked Chicken Strips, steamed sweet peas, pineapple slices, milk	Grilled cheese on whole wheat bread, fresh steamed green beans,tropical fruit & milk
PM Snack	Cheddar cheese rice cakes w/ bananas slices, water	Bananas, w/graham crackers, Water	orange slices, graham crackers & water	Chex mix with blueberries, water	salsa w/ pita slices, chilled water
AM Snack	11 Whole wheat bagels w/apple butter milk	12 Whole grain cereal w/ strawberries, milk	13 Whole Grain Waffles, fresh mixed berries & milk	14 Egg Patty on Whole Wheat Toast & Milk	15 Hash browns w/ fresh sliced oranges, milk
Lunch	Cheese Pizza, Steamed Corn, Mandarin Orange, Milk	Baked Fish Sticks, Baked Tater Tots, Diced Peaches, Milk	Spanish Rice with Chicken, Steamed Corn, Fresh Apple Slices, Milk	Whole Wheat Cheese Quesadillas, Fresh Carrot Sticks with Fat Free Ranch Dressing, Pineapple Tidbits, Milk	Chicken Salad Sandwich on Warm Croissant, Salad With Fat Free Ranch Dressing, Diced Pears, Milk
PM Snack	wheat crackers w/cheese cubes water	yogurt w/ dried cranberries, water	wheat Chex, with fresh blueberries water	graham crackers w/apple slices, water	Guppy Crackers &blueberries w/water
AM Snack	18 Whole Grain Cereal w/ mixed berries & Milk	19 Whole Wheat French Toast w/ banana & Milk	20 Cheese Omelette, sliced apples & Milk	21 Baked Blueberry Muffins w/ bananas & Milk	22 Yogurt w/ dried cranberries, milk
Lunch	Whole Wheat Cheese Pizza, steamed corn , sliced peaches & milk	Whole wheat quesadilla, steamed green beans, apple slices, milk	Grilled Cheese on whole wheat, steamed corn, strawberries and Milk	Cheeseburger Sliders, fresh steamed carrots, Pineapples Milk	Chicken BBQ on whole wheat, Steamed Peas and baked apples, milk
PM Snack	Cheese Sticks with Multi-Grain Crackers water	Baked Sweet Potatoes with Hummus & Water	Cinn. Pita with Fruit Salsa & Water	Whole wheat crackers w/ mozz. cheese, water	Cucumbers with Ranch Water
AM Snack	25 Whole grain cereal w/ fresh blueberries, milk	26 Whole wheat pancakes, fresh fruit w/ syrup milk	27 Whole grain waffles blueberries w/syrup	28 Whole Wheat English Muffins, Sliced Peaches, Milk	29 Whole wheat cinnamon toast , bananas, Milk
Lunch	Baked Chicken Strips, Steamed Green Beans with Sliced Pears	Breaded fish nuggets, applesauce, Fresh steamed green beans, Milk	Grilled Cheese, Vegetable Soup, Mandarin Oranges.	Baked Chicken Nuggets, Fresh Strawberries, Steamed Carrots	Veggie Lasagna ,mixed vegetables, applesauce, w/ milk
PM Snack	Salsa with Whole Wheat Pita Water	Sunbutter w/ banana slices & water	Sliced Grapes w/cheese cubes & water	Trailmix, fresh fruit, water	Baked Sweet Potato Wedges w/ Hummus & Water

