



Week One

MONDAY

am snack	bagel, fruit
lunch	meat balls, mashed potatoes, apple sauce, milk
pm snack	banana, milk

TUESDAY

am snack	cheerios with banana and milk
lunch	homemade macaroni and cheese, mixed vegetables, fruit, milk
pm snack	apple sauce, milk

WEDNESDAY

am snack	yougurt, peaches
lunch	french toast, fruit and veggie plate, milk
pm snack	cheese, veggies

THURSDAY

am snack	cereal, banana, milk
lunch	scrambled eggs, whole grain english muffin, mixed vegetables, fruit, milk
pm snack	fruit, milk

FRIDAY

am snack	fruit, milk
lunch	homemade pizza, fruit, veggies, milk
pm snack	sugar free oatmeal apple muffin, milk



Week Two

MONDAY

am snack	no sugar oatmeal apple muffin, milk
lunch	pancakes, cottage cheese, veggie and fruit plate, milk
pm snack	banana, arrowroot cookie

TUESDAY

am snack	cheerios with banana and milk
lunch	homemade pasta with tofu and cheese sauce, broccoli fruit, milk
pm snack	veggies, cheese

WEDNESDAY


am snack	fruit, milk
lunch	quiche, salad, bread, fruit, milk
pm snack	yougurt, fruit

THURSDAY

am snack	english muffin, fruit
lunch	chicken, rice, corn, fruit, milk
pm snack	cheese, whole wheat crackers

FRIDAY

am snack	rice cake, cream cheese, cucumber
lunch	peanut butter and jam sandwich, fruit, veggies, milk
pm snack	granola bar, milk



Week Three

MONDAY

am snack	fruit, milk
lunch	pasta with bolognese (beef and tomato sauce), veggie and fruit, milk
pm snack	banana, milk

TUESDAY

am snack	cheerios with banana and milk
lunch	grilled cheese sandwich, veggies, fruit, milk
pm snack	bagel, carrot sticks

WEDNESDAY

am snack	apple sauce, milk
lunch	quesadilla, corn, beans, fruit, milk
pm snack	rice cake with cream cheese, fruit

THURSDAY

am snack	whole wheat toast, fruit
lunch	fish, rice, mixed veg, fruit, milk
pm snack	cheese, veggies

FRIDAY

am snack	fruit, milk
lunch	hummus, cheese, hard boiled eggs, whole wheat crackers, fruit, milk
pm snack	snack mix, milk