

# Week One

## MONDAY

### Breakfast

Whole grain cereal in milk served with fresh fruit and milk

### Morning Snack

Ritz crackers served with cheese slices and water

### Lunch

Turkey sandwich on whole wheat bread served with green beans, a fruit cup and milk

### Afternoon Snack

Animal crackers served with a pudding cup and juice

## TUESDAY

### Breakfast

Hot pancakes served with a fruit combo and milk

### Morning Snack

Cottage cheese cup served with multigrain crackers and water

### Lunch

Vegetable beef stew served with cheese slices, fresh fruit and milk

### Afternoon Snack

Fun toss served with milk

## WEDNESDAY

### Breakfast

Whole grain cereal in milk served w/whole wheat toast w/fruit spread, milk & juice

### Morning Snack

Fruity yogurt served with graham crackers and water

### Lunch

Baked fish nuggets served with peas, mixed fruit and milk

### Afternoon Snack

Fresh vegetables and dip served with 100% fruit juice

## THURSDAY

### Breakfast

French toast dippers served with mixed fruit and milk

### Morning Snack

Whole wheat buttered bread served with 100% fruit juice

### Lunch

Chicken noodle soup served with oyster crackers, a fruit cup, veggie sticks and milk

### Afternoon Snack

Teddy graham crackers served with 100% fruit juice

## FRIDAY

### Breakfast

Classic scrambled eggs served w/a bagel & cream cheese, milk & juice

### Morning Snack

Oven baked potato strips served with ketchup and 100% fruit juice

### Lunch

Chicken chow mein & rice served with noodles and vegetables, applesauce and milk

### Afternoon Snack

Cook's Choice served with 100% fruit juice

\*Seasonal fresh fruits and vegetables used whenever possible.

# Week Two

## MONDAY

### Breakfast

Nutrigrain cereal bars  
served with fresh fruit  
and milk

### Morning Snack

Multigrain crackers served  
with creamy dairy dip  
and 100% fruit juice

### Lunch

Corndogs served with  
Bush's baked beans,  
mixed fruit  
and milk

### Afternoon Snack

Home baked cookies  
served with 100% fruit juice

## TUESDAY

### Breakfast

Whole grain cereal with milk  
served w/whole wheat toast  
and 100% fruit juice

### Morning Snack

Graham crackers with  
cream cheese spread  
served with milk

### Lunch

Steamy ravioli  
served with green beans,  
a fruit combo  
and milk

### Afternoon Snack

Bagels with fruit spread  
served with 100% fruit juice

## WEDNESDAY

### Breakfast

Hot pancakes  
served with a fruit combo  
and milk

### Morning Snack

Ice cream sandwiches  
served with milk

### Lunch

Cheesy Italian pizza  
served with corn,  
a fruit cup  
and milk

### Afternoon Snack

Home baked fruit muffin  
served with milk

## THURSDAY

### Breakfast

Home baked blueberry  
muffins served with  
applesauce and milk

### Morning Snack

Mozzarella cheese sticks  
served with multigrain  
crackers and water

### Lunch

PB&J sandwich  
served on whole wheat bread  
with fresh carrots, baked  
chips, mixed fruit and milk

### Afternoon Snack

Goldfish Crackers served  
with creamy dairy dip  
and 100% fruit juice

## FRIDAY

### Breakfast

Classic scrambled eggs  
served w/whole wheat toast,  
milk and 100% fruit juice

### Morning Snack

Fruity yogurt cup served  
with 100% fruit juice

### Lunch

Hamburgers on a bun  
served with garden peas,  
baked chips, pickles,  
fresh fruit and milk

### Afternoon Snack

Cook's Choice served with  
100% Fruit Juice

\*Seasonal fresh fruits and vegetables used whenever possible.

# Week Three

## MONDAY

### Breakfast

Home style waffles served with applesauce and milk

### Morning Snack

Home baked corn bread served with 100% fruit juice

### Lunch

Homemade sloppy Joes on a whole wheat bun served with corn, pickles, peaches and milk

### Afternoon Snack

Ritz crackers served with cheese squares and water

## TUESDAY

### Breakfast

Whole grain cereal with milk served w/whole wheat toast, milk and 100% fruit juice

### Morning Snack

Whole wheat tortilla roll ups served with 100% fruit juice

### Lunch

Home style French toast served with sausage links, potato bites, applesauce and milk

### Afternoon Snack

Whole wheat bread with butter served with 100% fruit juice

## WEDNESDAY

### Breakfast

Hot pancakes served with mandarin oranges and milk

### Morning Snack

Home baked breadsticks served with marinara sauce and 100% fruit juice

### Lunch

Beef barley soup served with cheese & multigrain crackers, fresh fruit and milk

### Afternoon Snack

Rice Krispie treats served with 100% fruit juice

## THURSDAY

### Breakfast

Egg bake topped with shredded cheddar served with a fruit combo and milk

### Morning Snack

Pretzels served with cheddar cheese dip and 100% fruit juice

### Lunch

Diced country chicken with gravy served over creamy mashed potatoes, green beans, pineapple and milk

### Afternoon Snack

Fruity yogurt and graham crackers served with 100% fruit juice

## FRIDAY

### Breakfast

Whole grain cereal with milk served with fresh fruit slices, and 100% fruit juice

### Morning Snack

Fresh celery with cream cheese spread served with water

### Lunch

American cheese on whole grain bread served with fresh carrots, Sun Chips, cranberries and milk

### Afternoon Snack

Cook's Choice Milk

\*Seasonal fresh fruits and vegetables used whenever possible.

# Week Four

## MONDAY

### Breakfast

Whole grain cereal with milk served w/whole wheat toast, milk and 100% fruit juice

### Morning Snack

Pudding cup served with Teddy Grahams and 100% fruit juice

### Lunch

All beef hot dog on a whole wheat bun served with Bush's baked beans, applesauce and milk

### Afternoon Snack

Cheese slices with multigrain crackers served with water

## TUESDAY

### Breakfast

Home style waffles served with fruit and milk

### Morning Snack

Cottage cheese cup and Cheeze-Its served with water

### Lunch

Turkey sandwich on a whole wheat bun served with green beans, pineapple and milk

### Afternoon Snack

Gogurt and animal crackers served with water

## WEDNESDAY

### Breakfast

Whole grain cereal with milk served with cinnamon applesauce and milk

### Morning Snack

Oven Baked potato strips and ketchup served with 100% fruit juice

### Lunch

Tacos on a whole wheat tortilla with lettuce and cheese served with corn, fresh fruit and milk

### Afternoon Snack

Fun toss served with 100% fruit juice

## THURSDAY

### Breakfast

Classic scrambled eggs w/whole wheat bagels and cream cheese, milk and juice

### Morning Snack

Fresh Fruit served with crackers and water

### Lunch

Homemade macaroni and cheese served with green peas, cranberries and milk

### Afternoon Snack

Fresh home baked cookies served with 100% fruit juice

## FRIDAY

### Breakfast

Hot pancakes served with fresh fruit slices and milk

### Morning Snack

Whole grain bread and butter slices served with 100% fruit juice

### Lunch

Home made beef and cheese lasagna served with crisp green salad and dressing, pineapple and milk

### Afternoon Snack

Cook's Choice 100% Fruit Juice

\*Seasonal fresh fruits and vegetables used whenever possible.

# Week Five

## MONDAY

### Breakfast

Cinnamon French toast served with fresh fruit slices, and milk

### Morning Snack

American cheese slices and Hi-Ho crackers served with water

### Lunch

Homemade tator tot hot dish served with green beans, peach cup and milk

### Afternoon Snack

Pretzels & creamy dairy dip served with 100% fruit juice

## TUESDAY

### Breakfast

Bagels with cream cheese spread served with pineapple tidbits and milk

### Morning Snack

Homemade fruit muffin served with 100% fruit juice

### Lunch

Cheesy baked pasta in red sauce served with fresh cooked carrots, applesauce and milk

### Afternoon Snack

Ice Cream cup served with graham crackers and water

## WEDNESDAY

### Breakfast

Whole grain cereal with milk served with whole grain toast, milk & 100% fruit juice

### Morning Snack

Fresh celery with cream cheese spread served with water

### Lunch

Oven baked chicken tenders served with green peas, fresh fruit and milk

### Afternoon Snack

Nature Valley granola bars served with 100% fruit juice

## THURSDAY

### Breakfast

Hot Pancakes served with a mixed fruit cup and milk

### Morning Snack

Cottage cheese cup served with multigrain crackers & 100% fruit juice

### Lunch

Open faced pizza burgers served with corn, pears and milk

### Afternoon Snack

Home baked cookies served with 100% fruit juice

## FRIDAY

### Breakfast

Home baked blueberry muffins served with peaches and milk

### Morning Snack

Fresh fruit and saltine crackers served with water

### Lunch

Hot ham & cheese melts served with fresh cooked broccoli, mixed fruit and milk

### Afternoon Snack

Cook's Choice Milk

\*Seasonal fresh fruits and vegetables used whenever possible.

# Week Six

## MONDAY

### Breakfast

Whole grain cereal with milk served with whole wheat toast and 100% fruit juice

### Morning Snack

Home baked cinnamon rolls served with milk

### Lunch

Homemade chicken and rice casserole served with green peas, cranberries and milk

### Afternoon Snack

Applesauce served with Keebler cinnamon grahams and water

## TUESDAY

### Breakfast

Waffles served with peaches and milk

### Morning Snack

Toasted garlic bread served with marinara sauce and 100% fruit juice

### Lunch

All beef hot dog on a whole grain bun served with Bush's baked beans, mandarin oranges and milk

### Afternoon Snack

Mozzarella cheese stick served with crackers and water

## WEDNESDAY

### Breakfast

Whole grain cereal with milk served with whole wheat toast, and 100% fruit juice

### Morning Snack

Chex Mix served with 100% fruit juice

### Lunch

Tomato soup served with American cheese squares, crackers, fresh fruit slices and milk

### Afternoon Snack

Fresh garden veggies & creamy dairy dip and 100% fruit juice

## THURSDAY

### Breakfast

Toasted English muffins with fruit spread served with pears and milk

### Morning Snack

Toasted cinnamon bread served with 100% fruit juice

### Lunch

Hot pancakes served with sausages links, baked potato triangles, mixed fruit and milk

### Afternoon Snack

Yogurt cups served with Nilla-wafers and water

## FRIDAY

### Breakfast

Pancake sausage wrap served with pineapple tidbits and milk

### Morning Snack

Fresh fruit slices served with whole grain crackers and water

### Lunch

Spaghetti with red sauce and beef served with cooked corn, applesauce, and milk

### Afternoon Snack

Cook's Choice Milk

\*Seasonal fresh fruits and vegetables used whenever possible.