

## SAMPLE MENU: WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK: 8:45	CEREAL WITH MILK 100% ORANGE JUICE or WATER	NUTRIGRAIN BARS FRUIT WATER	TOAST & JAM 100% ORANGE JUICE or WATER	BANANA BREAD FRUIT WATER	ENGLISH MUFFINS WITH BUTTER 100% ORANGE JUICE or WATER
LUNCH: 11:30	SWEET & SOUR MEATBALLS MASHED POTATOES VEGETABLES RAW VEGETABLES BREAD MILK or WATER FRUIT	SANDWICHES SOUP RAW VEGETABLE MILK or WATER FRUIT	BEEF STOGANOFF VEGETABLES BREAD RAW VEGETABLE MILK or WATER FRUIT	SLOPPY JOE'S MADE WITH CHICKEN VEGETABLES RAW VEGETABLES MILK or WATER FRUIT	SKILLET GOULASH PICKLES BUNS MILK or WATER FRUIT
P.M. SNACK 2:30	BAGELS WITH CREAM CHEESE OR BUTTER MILK or WATER	CRACKERS WITH CHEESE WATER	GRAHAM CRACKERS YOGURT WATER	(INF/TOD/LT) SOCIAL TEAS FRUIT WATER (JR/SR) POPCORN WATER	(INF/TOD/LT) CRACKERS WITH CREAM CHEESE (JR/SR) MELBA TOAST WITH CREAM CHEESE WATER

## SAMPLE MENU: WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK: 8:45	WAFFLES 100% ORANGE JUICE or WATER	MUFFINS FRUIT 100% ORANGE JUICE or WATER	APPLE SAUCE CRACKERS WATER	RAISIN BREAD WITH BUTTER 100% ORANGE JUICE or WATER	CEREAL WITH MILK WATER
LUNCH: 11:30	HAM HASHBROWN CASSEROLE VEGETABLES RAW VEGETABLES BREAD MILK or WATER FRUIT	HAMBURGER RICE TOMATO CASSEROLE CAULIFLOWER BREAD MILK or WATER FRUIT	CHICKEN ALFREDO VEGETABLES RAW VEGETABLES BREAD MILK or WATER FRUIT	BEEF or CHICKEN TACOS WRAPS LETTUCE CHEESE MILK or WATER FRUIT	PIZZA CASSEROLE PICKLES BREAD MILK or WATER FRUIT
P.M. SNACK 2:30	(INF/TOD/LT) TEDDY GRAHAMS (JR/SR) NACHOS & SALSA WATER	GARLIC BREAD WATER	GRANOLA BARS FRUIT MILK OR WATER	SOCIAL TEAS ICE CREAM WATER	FRUIT & GRAHAM CRACKERS WATER

## SAMPLE MENU: WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK: 8:45	GRAHAM CRACKERS YOGURT WATER	CEREAL WITH MILK 100% ORANGE JUICE or WATER	BANANA BREAD FRUIT WATER	CINNAMON TOAST WATER	ENGLISH MUFFINS WITH BUTTER 100% ORANGE JUICE or WATER
LUNCH: 11:30	MEATBALLS WITH GRAVY MASHED POTATOES VEGETABLES RAW VEGETABLE BREAD MILK or WATER	PIZZA PICKLES MILK or WATER FRUIT	SLOPPY JOE'S VEGETABLES RAW VEGETABLES MILK or WATER FRUIT	SPAGHETTI WITH CHICKEN BUNS RAW VEGETABLES MILK or WATER FRUIT	SANDWICHES SOUP RAW VEGETABLE MILK or WATER FRUIT
P.M. SNACK 2:30	(INF/TOD/LT) FRUIT BARS (JR/SR) POPCORN WATER	RICE KRISPIE SQUARES FRUIT WATER	RICE CAKES CUCUMBER SLICES WATER	COOKIES FRUIT MILK or WATER	PARTY MIX WATER

## SAMPLE MENU: WEEK FOUR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK: 8:45	CEREAL WITH MILK 100% ORANGE JUICE or WATER	MUFFINS FRUIT WATER	WAFFLES 100% ORANGE JUICE or WATER	BAGELS WITH CREAM CHEESE 100% ORANGE JUICE or WATER	FRUIT SALAD SOCIAL TEAS WATER
LUNCH: 11:30	CREAM OF CHICKEN WITH RICE CASSEROLE VEGETABLES RAW VEGETABLE BREAD MILK or WATER FRUIT	HAMBURGER RICE AND TOMATO CASSEROLE CAULIFLOWER BREAD MILK or WATER FRUIT	CHEESY TUNA NOODLE CASSEROLE VEGETABLES RAW VEGETABLE BREAD MILK or WATER FRUIT	LASAGNA CASSEROLE BREAD/BREAD STICKS RAW VEGETABLE MILK or WATER FRUIT	HAM MACARONI & CHEESE VEGETABLES RAW VEGETABLE BREAD MILK or WATER
P.M. SNACK 2:30	NUTRIGRAIN BARS FRUIT WATER NUTRIGRAIN BARS	CRACKERS WITH CHEESE WATER	(INF/TOD/LT) CUCUMBERS AND FISH CRACKERS (JR/SR) VEGETABLES & DIP FISH CRACKERS WATER	ARROWROOTS FRUIT MILK or WATER	BREAD STICKS WITH CREAM CHEESE WATER