

SAMPLE MENU: WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK: 8:45	CEREAL WITH MILK FRUIT MILK or WATER	NUTRIGRAIN BARS FRUIT MILK or WATER	TOAST & JAM FRUIT MILK or WATER	BANANA BREAD FRUIT MILK or WATER	ENGLISH MUFFINS WITH BUTTER FRUIT MILK or WATER
LUNCH: 11:30	MEATBALLS and GRAVY MASHED POTATOES WITH CAULIFLOWER RAW VEGETABLES BREAD MILK or WATER FRUIT	CHEESY CHICKEN CASSEROLE WITH SHREDDED CHEESE and VEGETABLES RAW VEGETABLES BREAD MILK or WATER FRUIT	SKILLET GOULASH with VEGETABLES RAW VEGETABLES BUNS MILK or WATER FRUIT	SLOPPY JOE'S MADE WITH CHICKEN and CARROTS SALAD MILK or WATER FRUIT	CHILI MADE WITH BEANS AND VEGETABLES RAW VEGETABLES BREAD MILK or WATER FRUIT
P.M. SNACK 2:30	BAGELS WITH BUTTER RAW VEGETABLESW WATER	GRAHAM CRACKERS YOGURT FRUIT WATER	GRANOLA BARS FRUIT WATER	FRESH BAKED COOKIES FRUIT MILK or WATER	CRACKERS WITH CHEESE RAW VEGETABLES WATER
WHOLE GRAIN PASTA AND BREAD PRODUCTS ARE OFFERED DAILY - INFANTS AND TODDLERS ARE OFFERED HOMOGENIZED MILK AT BOTH SNACKS AND AT LUNCH EACH DAY - RAW VEGETABLES ARE OFFERED THROUGHOUT THE AFTERNOON					

SAMPLE MENU: WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK: 8:45	WAFFLES FRUIT MILK or WATER	CEREAL WITH MILK FRUIT MILK or WATER	APPLE SAUCE CRACKERS MILK or WATER	RAISIN BREAD WITH BUTTER FRUIT MILK or WATER	MUFFINS FRUIT MILK or WATER
LUNCH: 11:30	CHICKEN ALFREDO with BROCCOLI RAW VEGETABLES BREAD MILK or WATER FRUIT	CABBAGE ROLL CASSEROLE RAW VEGETABLES BREAD MILK or WATER FRUIT	PIZZA CASSEROLE with VEGETABLES RAW VEGETABLES BREAD MILK or WATER FRUIT	GRILLED CHEESE and SANDWICHES VEGETABLE SOUP RAW VEGETABLES MILK or WATER FRUIT	BEEF or CHICKEN TACOS WHOLE WHEAT TORTILLAS LETTUCE CHEESE MILK or WATER FRUIT
P.M. SNACK 2:30	COTTAGE CHEESE FRUIT SOCIAL TEAS WATER	WHEAT CRACKERS or MELBA TOAST WITH CREAM CHEESE RAW VEGETABLES MILK or WATER	GARLIC BREAD RAW VEGETABLES WATER	ICE CREAM CONES FRUIT WATER	FRUIT GRAHAM CRACKERS WATER
<p>WHOLE GRAIN PASTA AND BREAD PRODUCTS ARE OFFERED DAILY - INFANTS AND TODDLERS ARE OFFERED HOMOGENIZED MILK AT BOTH SNACKS AND AT LUNCH EACH DAY - RAW VEGETABLES ARE OFFERED THROUGHOUT THE AFTERNOON</p>					

SAMPLE MENU: WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK: 8:45	CEREAL WITH MILK FRUIT MILK or WATER	GRAHAM CRACKERS YOGURT FRUIT MILK or WATER	ENGLISH MUFFINS WITH BUTTER FRUIT MILK or WATER	CINNAMON TOAST FRUIT MILK or WATER	BANANA BREAD FRUIT MILK or WATER
LUNCH: 11:30	CREAM OF CHICKEN WITH RICE CASSEROLE and BROCCOLI RAW VEGETABLES BREAD MILK or WATER FRUIT	CHEESY TUNA NOODLE CASSEROLE with VEGETABLES RAW VEGETABLES BREAD MILK or WATER FRUIT	MEATBALLS and GRAVY MASHED POTATOES WITH CAULIFLOWER RAW VEGETABLES BREAD MILK or WATER	SPAGHETTI with CHICKEN and VEGETABLES BUNS RAW VEGETABLES MILK or WATER FRUIT	SLOPPY JOE'S with CARROTS SALAD MILK or WATER FRUIT
P.M. SNACK 2:30	CRACKERS WITH CHEESE RAW VEGETABLES WATER	GRANOLA BARS FRUIT WATER	TORTILLA WRAPS with HUMMUS and CUCUMBERS WATER	FIG COOKIES FRUIT MILK or WATER	PARTY MIX RAW VEGETABLES WATER
WHOLE GRAIN PASTA AND BREAD PRODUCTS ARE OFFERED DAILY - INFANTS AND TODDLERS ARE OFFERED HOMOGENIZED MILK AT BOTH SNACKS AND AT LUNCH EACH DAY - RAW VEGETABLES ARE OFFERED THROUGHOUT THE AFTERNOON					

SAMPLE MENU: WEEK FOUR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK: 8:45	FRUIT SALAD SOCIAL TEAS MILK or WATER	BAGELS WITH CREAM CHEESE FRUIT MILK or WATER	WAFFLES FRUIT MILK or WATER	TOAST & WOW BUTTER FRUIT MILK or WATER	CEREAL WITH MILK FRUIT MILK or WATER
LUNCH: 11:30	GRILLED CHEESE and SANDWICHES VEGETABLE SOUP RAW VEGETABLES MILK or WATER FRUIT	HAMBURGER RICE AND TOMATO CASSEROLE CAULIFLOWER RAW VEGETABLES BREAD MILK or WATER FRUIT	PIZZA SALAD MILK or WATER FRUIT PIZZA SALAD MILK or WATER	LASAGNA CASSEROLE with VEGETABLES BREAD/BREAD STICKS RAW VEGETABLES MILK or WATER	BEEF STOGANOFF with VEGETABLES BREAD RAW VEGETABLES MILK or WATER
P.M. SNACK 2:30	NUTRIGRAIN BARS APPLE SAUCE WATER	ARROWROOTS FRUIT MILK or WATER	(INF/TOD/LT) CUCUMBERS AND FISH CRACKERS (JR/SR) VEGETABLES & DIP FISH CRACKERS WATER	MUFFINS FRUIT MILK or WATER	BREAD STICKS WITH CREAM CHEESE RAW VEGETABLES WATER
WHOLE GRAIN PASTA AND BREAD PRODUCTS ARE OFFERED DAILY - INFANTS AND TODDLERS ARE OFFERED HOMOGENIZED MILK AT BOTH SNACKS AND AT LUNCH EACH DAY - RAW VEGETABLES ARE OFFERED THROUGHOUT THE AFTERNOON					