

## WEEK 1

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning Snack</b> 9:00 am – 9:30 am	Cereal & Milk	Yogurt & Mixed Fruit	Cheese & Bacon Mini Quiche	French Toast & Blueberries	Mixed Fruit Pancakes & Bananas
	Water	Water	Water	Water	Water
<b>Lunch</b> 11:30 am – 12:00 pm	Toasted Peanut Butter & Jam Sandwiches & Cucumber	Tater Tot Casserole & Broccoli	Chicken Noodle Soup & Buns	Veggie Beef Braids & Vegetables	Mini Pizzas & Carrot Fries
	Milk	Milk	Milk	Milk	Milk
<b>Afternoon Snack</b> 3:00 pm – 3:30 pm	Apple Sauce & Animal Crackers	Cranberry Cheesecake Muffins & Melon Pieces	Homemade Hummus & Veggies and Pita Chips	Pumpkin Whoopie Pies & Carrots	Pretzels & Cheese Sticks
	Water	Water	Water	Water	Water

## WEEK 2

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning Snack</b> 9:00 am – 9:30 am	Cereal & Milk	Scrambled eggs & Hashbrowns	Bagels with Cream Cheese & Honeydew	Warm Apple Crisp & Vanilla Yogurt	Cinnamon Toast & Apples
	Water	Water	Water	Water	Water
<b>Lunch</b> 11:30 am – 12:00 pm	Pepperoni & Cheese Subs & Cucumber	Lasagna & Mixed Veggies	Vegetable Soup & Crackers	Chicken Pot Pie & Vegetables	Veggie Noodle Stir Fry & Vegetables
	Milk	Milk	Milk	Milk	Milk
<b>Afternoon Snack</b> 3:00 pm – 3:30 pm	Veggie Straws & Carrots	Rice Crackers & Carrots with Ranch	Chocolate Hummus & Banana	Bite-size Energy Balls & Pears	Yogurt Granola Bark
	Water	Water	Water	Water	Water

## WEEK 3

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning Snack</b> 9:00 am – 9:30 am	Cereal & Milk	Sweet Potato Muffins & Oranges	Yogurt & Mixed Berries	Scrambled Eggs & Sausages	Mini Waffles & Strawberries
	Water	Water	Water	Water	Water
<b>Lunch</b> 11:30 am – 12:00 pm	Ham and Cheese Sliders & Cucumber	Alphaghetti Soup & Crackers	Spaghetti & Meatballs & Garlic bread	Crackers, Cheese, Meat, and Pickles & Carrots	Baked ham & Alfredo Pasta & Peas and Carrots
<b>Afternoon Snack</b> 3:00 pm – 3:30 pm	Trail Mix & Bananas	Cinnamon Apple Slices & Cream Cheese Dip	Goldfish Crackers & Fresh Veggies	Oatmeal Bars & Pears	Popcorn Twist & Grapes
	Water	Water	Water	Water	Water

## WEEK 4

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning Snack</b> 9:00 am – 9:30 am	Cereal & Milk	Ham & Cheese Breakfast Quesadilla	Pumpkin Muffin & Fruit Salad	Veggie Smoothie & Granola	Pancakes & Peaches and Mandarins
	Water	Water	Water	Water	Water
<b>Lunch</b> 11:30 am – 12:00 pm	Turkey & Cream Cheese Roll-ups & Cucumber	Potato Corn Chowder & Crackers	Sweet & Sour Meatballs with Rice & Veggies	Beef Quesadilla & Mixed Veggies	Chicken & Pasta Salad
	Milk	Milk	Milk	Milk	Milk
<b>Afternoon Snack</b> 3:00 pm – 3:30 pm	Graham Crackers & Apples	Bean Brownie & Bananas	Pita Bread & Fruit Dip	Cheesy Cauliflower Breadsticks with Dipping Sauce and Carrots	Homemade Oreos & Melon
	Water	Water	Water	Water	Water