|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Morning Snack | Hard boiled eggsCantaloupeMilk | CerealBerriesMilk | Homemade Banana BreadMilk | Raisin ToastOrangesMilk | Bagels and Cheese Milk |
| Lunch | Butter Chicken Rice and Mixed VegetablesPineappleWater | Sheppards PieMangoWater | Pesto Shrimp Pasta Garden SaladApplesWater | Chicken Cesar Wraps BananasWater | Cabbage RollsWhole Wheat RollsBerriesWater |
| Afternoon Snack | Hummus and whole wheat pitsWater | Crackers and CheeseWater | Veggies and DipWater | Pears and Graham CrackersWater | Cereal Mix and CucumbersWater |

Week 1 Menu

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Morning Snack | Homemade muffinsBlueberriesMilk | English MuffinsBananasMilk | CerealApplesMilk | PancakesStrawberriesMilk | Melba toastOrangesMilk |
| Lunch | Beef StoganoffMixed Vegetables Fruit SaladWater | Baked Cod Mashed Potatoes Corn WatermelonWater | Greek Wraps (Chicken, feta, olives, tomatoes, cucumbers)ApplesWater | Vegetable QuicheBreadCantaloupeWater | Broccoli Cheddar Stuffed Chicken RiceBunsBerriesWater |
| Afternoon Snack | Rice cakes and cheese slicesWater | Goldfish crackers and pineappleWater | Cucumbers and cheeseWater | Veggies and dip CrackersWater | Nacho chips and cheese BananasWater |

Week 2

Week 3

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Morning Snack | French toastBananasMilk | Cereal MangoMilk | Yogurt and granola Milk | OatmealBerriesMilk | Homemade Apple breadMilk |
| Lunch | Mac and CheesePineappleWater | Creamy Dill Salmon Rice and Mixed Vegetables Applesauce Water | Chicken Pot Pie BerriesWater | Baked Pork WrapGarden SaladOrangesWater | Meat Lasagna Cesar Salad MangoWater |
| Afternoon Snack | Tuna on crackers Carrot sticksWater | Apple slices with yogurt dip and granolaWater | Apple oatmeal cookiesWater | Cottage cheese and melon Water | Zucchini breadWater |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Morning Snack | Scrambled eggs BlueberriesMilk | English MuffinsBananasMilk | Yogurt and granola and berriesMilk | PancakesStrawberriesMilk | Melba toastOrangesMilk |
| Lunch | Spaghetti Bolognese Garden Salad BreadBananasWater | Meatloaf Brown rice mixed veggies  MangoWater | Vegetable Lasagna ApplesWater | Roasted Chicken Rice and Cesar SaladOrangesWater | Seafood Linguini (with Vegetables)BunsBananasWater |
| Afternoon Snack | Spinach dip and breadWater | Berries and digestive cookiesWater | Black bean browniesWater | Mini pitas and salsaGreen peppersWater | Wow butter crackers and applesWater |