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| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Morning Snack | Hard boiled eggs  Cantaloupe  Milk | Cereal  Berries  Milk | Homemade Banana Bread  Milk | Raisin Toast  Oranges  Milk | Bagels and Cheese  Milk |
| Lunch | Butter Chicken Rice and Mixed Vegetables  Pineapple  Water | Sheppards Pie  Mango  Water | Pesto Shrimp Pasta  Garden Salad  Apples  Water | Chicken Cesar Wraps  Bananas  Water | Cabbage Rolls  Whole Wheat Rolls  Berries  Water |
| Afternoon Snack | Hummus and whole wheat pits  Water | Crackers and Cheese  Water | Veggies and Dip  Water | Pears and Graham Crackers  Water | Cereal Mix and Cucumbers  Water |

Week 1 Menu

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Morning Snack | Homemade muffins  Blueberries  Milk | English Muffins  Bananas  Milk | Cereal  Apples  Milk | Pancakes  Strawberries  Milk | Melba toast  Oranges  Milk |
| Lunch | Beef Stoganoff  Mixed Vegetables  Fruit Salad  Water | Baked Cod Mashed Potatoes  Corn  Watermelon  Water | Greek Wraps (Chicken, feta, olives, tomatoes, cucumbers)  Apples  Water | Vegetable Quiche  Bread  Cantaloupe Water | Broccoli Cheddar Stuffed Chicken Rice  Buns  Berries  Water |
| Afternoon Snack | Rice cakes and cheese slices  Water | Goldfish crackers and pineapple  Water | Cucumbers and cheese  Water | Veggies and dip  Crackers  Water | Nacho chips and cheese Bananas  Water |

Week 2

Week 3

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Morning Snack | French toast  Bananas  Milk | Cereal  Mango  Milk | Yogurt and granola  Milk | Oatmeal  Berries  Milk | Homemade Apple bread  Milk |
| Lunch | Mac and Cheese  Pineapple  Water | Creamy Dill Salmon  Rice and Mixed Vegetables  Applesauce  Water | Chicken Pot Pie  Berries  Water | Baked Pork Wrap  Garden Salad  Oranges  Water | Meat Lasagna  Cesar Salad  Mango  Water |
| Afternoon Snack | Tuna on crackers  Carrot sticks  Water | Apple slices with yogurt dip and granola  Water | Apple oatmeal cookies  Water | Cottage cheese and melon  Water | Zucchini bread  Water |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Morning Snack | Scrambled eggs  Blueberries  Milk | English Muffins  Bananas  Milk | Yogurt and granola and berries  Milk | Pancakes  Strawberries  Milk | Melba toast  Oranges  Milk |
| Lunch | Spaghetti Bolognese  Garden Salad Bread  Bananas  Water | Meatloaf  Brown rice mixed veggies  Mango  Water | Vegetable Lasagna  Apples  Water | Roasted Chicken Rice and Cesar Salad  Oranges  Water | Seafood Linguini (with Vegetables)  Buns  Bananas  Water |
| Afternoon Snack | Spinach dip and bread  Water | Berries and digestive cookies  Water | Black bean brownies  Water | Mini pitas and salsa  Green peppers  Water | Wow butter crackers and apples  Water |