



**A PLACE TO GROW WEEKLY MENU**

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| --- | --- | --- | --- | --- | --- |
| **Week #1** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning Snack** | Whole Wheat Bagels with WOW ButterFruit | Plain OatmealFruit (Strawberries or Blueberries) | CeleryRaisinsWOW Butter | Cheerios2% MilkBananas | Frozen Yogurt TubesFruit |
| **Lunch** | Chicken Noodle Soup with Whole Wheat Noodles and VegetablesWhole Wheat Bread and Butter | BBQ MeatballsBrown RiceVegetables | Scrambled EggsHash brownsSausageOrange Slices | Whole Wheat PastaTomato Sauce with Ground BeefSalad with Italian Dressing | HamburgersWhole Wheat BunsCheeseSalad with Ranch Dressing |
| **Afternoon Snack** | Apple SauceArrowroot Cookies | Assorted VegetablesCheese CubesRanch Dip | Bran MuffinsFruit | HummusWhole Wheat Naan BreadCarrots and Cucumbers | Canned FruitRice Crackers |

**ALL SNACKS SERVED WITH WATER. ALL LUNCHES SERVED WITH WATER OR 2% MILK.**



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| **Week #2** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning Snack** | Berry Pancakes | Egg SaladWhole Wheat English Muffins | Rice Cakeswith WOW ButterFruit | Smoothies | Whole Wheat WafflesFruit |
| **Lunch** | Cream of Broccoli SoupWhole Wheat Grilled Cheese Sandwiches | Stir-Frywith Whole Grain Rice and Chicken | Vegetarian ChiliWhole Wheat Garlic Bread with Cheese | Homemade Mac and Cheese with BroccoliColeslaw | Vegetable and Bean QuesadillasMexican Brown Rice |
| **Afternoon Snack** | Assorted VegetablesPita ChipsHummus | Tomato Bruschetta on Whole Wheat BreadFeta Cheese | JelloGraham CrackersFruit | Banana BreadFruit | Guacamole or SalsaBaked Tortilla Chips |

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| **Week #3** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning Snack** | Blueberry Muffinsand Blueberries | YogurtFruit | Hard Boiled EggsWhole Wheat English Muffins | Cheerios2% MilkBananas | Dried Fruit (Raisins, Cranberries, Apricots)Ritz Crackers |
| **Lunch** | Tuna Melts on Whole Wheat Naan Bread with Cheese and Low Fat Mayonnaise | Tacos with Ground Beef and BeansWhole Wheat TortillasLettuce, Tomatoes, Sour CreamSalad with Italian Dressing | Salisbury SteakMashed PotatoesGreen BeansGravy | Wraps on Whole Wheat TortillasTurkey, Chicken, or HamRaw VegetablesCheeseMelon | Vegetable Spring RollsRoasted PotatoesSalad with Ranch Dressing |
| **Afternoon Snack** | Rice PuddingFruit | Oatmeal CookiesOranges | Cubed Pineapple or WatermelonGraham Crackers | Air Popped PopcornApples | Assorted VegetablesCheese CubesRanch Dip |

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| **Week #4** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning Snack** | Sliced Pears with Ricotta Cheese | Homemade Granola BarsFruit | GoldfishFruit | Mini Quiche with Spinach and Cheese | Whole Wheat French Toast SticksFruit |
| **Lunch** | Tuna Noodle CasseroleSalad with Italian Dressing | Fettuccine Alfredo with Whole Wheat Noodles and ChickenCorn | Cheddar Cheese and Potato PerogiesHamSalad with Italian Dressing | Roast BeefCarrots and CeleryMashed PotatoesGravy | Tomato Soup with VegetablesWhole Wheat Garlic Bread |
| **Afternoon Snack** | Whole Wheat Cinnamon ToastFruit | Black Bean BrowniesApples | Assorted VegetablesHummusPita Chips | Fig BarsFruit | PicklesCheeseCrackers |

**ALL SNACKS SERVED WITH WATER. ALL LUNCHES SERVED WITH WATER OR 2% MILK.**