Please Note: At Lunch children will have milk and water available, at Morning Snack and Afternoon Snack water will be served. If children are hungry between meals we provide cereal, crackers, fruit, or vegetables. Leftovers may also be served to supplement or replace meals.

|  |  |  |  |
| --- | --- | --- | --- |
| Week 1 | Morning Snack | Lunch | Afternoon Snack |
| Monday | Cereal with Fruit | Lasagna | Peanut Butter and Jam Squares |
| Tuesday | Oatmeal and Berries or Fruit | French Toast with Syrup, and Berries  | Cowboy Caviar (Beans, Corn, Tomatoes, Peppers) with Tortilla Chips |
| Wednesday | Breakfast Muffin  | Tacos (Taco Shells, Beans, Cheddar Cheese, Lettuce, Salsa, Sour Cream) | Crackers, Hummus, and Vegetables |
| Thursday | Breakfast Sandwich | Cheese Quesadillas (Tortilla, Mozzarella Cheese) Salsa, and Sour Cream, | Fruit or Vegetable Loaf |
| Friday | Cereal with Fruit | Tomato, Cucumber, Egg Salad, Tuna Salad ,Grilled Cheese, or Cheese Sandwiches (Variety Served) | Crackers and Fruit, or Vegetables |

Please Note: At Lunch children will have milk and water available, at Morning Snack and Afternoon Snack water will be served. If children are hungry between meals we provide cereal, crackers, fruit, or vegetables. Leftovers may also be served to supplement or replace meals.

|  |  |  |  |
| --- | --- | --- | --- |
| Week 2 | Morning Snack | Lunch | Afternoon Snack |
| Monday | Cereal with Fruit  | Cheese Pizza with Vegetablesand Dip | Peanut Butter and Jam Squares |
| Tuesday | Oatmeal and Berries or Fruit | Chicken Caesar Saladwith Garlic Toast | Fruit or Vegetable Loaf  |
| Wednesday | Breakfast Wrap (Eggs, Mayo, Vegetables) | Chicken or Tofu Wraps | Crackers, Hummus, and Vegetables |
| Thursday | Breakfast Muffin | Frittata (Eggs, Spinach, and Peppers) with Hashbrowns | Cowboy Caviar (Beans, Corn, Tomatoes, Peppers) with Tortilla Chips |
| Friday | Cereal with Fruit | Tomato, Cucumber, Egg Salad, Tuna Salad ,Grilled Cheese, or Cheese Sandwiches (Variety Served) | Crackers and Fruit, or Vegetables |

Please Note: At Lunch children will have milk and water available, at Morning Snack and Afternoon Snack water will be served. If children are hungry between meals we provide cereal, crackers, fruit, or vegetables. Leftovers may also be served to supplement or replace meals.

|  |  |  |  |
| --- | --- | --- | --- |
| Week 3 | Morning Snack | Lunch | Afternoon Snack |
| Monday | Cereal with Fruit | Chicken or Tofu Vegetable Stir Fry with Noodles  | Peanut Butter and Jam Squares |
| Tuesday | Oatmeal and Berries or Fruit | Chicken Wraps  | Cowboy Caviar (Beans, Corn, Tomatoes, Peppers) with Tortilla Chips |
| Wednesday | Pancakes with berries | Pasta with sauce (Add Protein and Vegetables) |

|  |
| --- |
| Fruit or Vegetable Loaf  |
|  |

 |
| Thursday | Breakfast Muffin | Cobb Salad | Crackers, Hummus,and Vegetables |
| Friday | Cereal with Fruit | Tomato, Cucumber, Egg Salad, Tuna Salad, Grilled Cheese, or Cheese Sandwiches (Variety Served) | Crackers and Fruit, or Vegetables |