

MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<p>AM SNACK Dry Cereal and Yogurt Water</p> <p>LUNCH Chicken Pasta Bowl w/ Veg., Bread and Fruit Milk/Water</p> <p>PM SNACK Apple Sauce and Graham Crackers Water</p>	<p>AM SNACK Raisin Bread with Fruit Water</p> <p>LUNCH Manwich on a Bun with Vegetable and Fruit Milk/Water</p> <p>PM SNACK Homemade Oatmeal Bars and Fruit Water</p>	<p>AM SNACK Pancakes and Fruit Water</p> <p>LUNCH Pork, Mashed Potatoes and Gravy served with Corn and Fruit Milk/Water</p> <p>PM SNACK Soda Crackers and Veg. Tray Water</p>	<p>AM SNACK Loaf (banana, zucchini, carrot etc) w/ Fruit Water</p> <p>LUNCH Hamburger and Veg. Soup served with Bread and Veggie Sticks and Fruit Milk/Water</p> <p>PM SNACK Cheese Cubes and Crackers Water</p>	<p>AM SNACK English Muffin and Fruit Water</p> <p>LUNCH Egg and Ham Casserole with Veg. sticks and Bread and Fruit Milk/Water</p> <p>PM SNACK Yogurt and Fruit Water</p>
Week 2	<p>AM SNACK Bagels and Fruit Water</p> <p>LUNCH Hashbrown and Ham Casserole served with a Veg. and Bread and Fruit Milk/Water</p> <p>PM SNACK Cheese cubes and crackers Water</p>	<p>AM SNACK Dry Cereal and Fruit Water</p> <p>LUNCH Beef Stroganoff with Veg. and Bread and Fruit Milk/Water</p> <p>PM SNACK Yogurt and Fruit Water</p>	<p>AM SNACK Toast and Fruit Water</p> <p>LUNCH Chicken and Rice/Quinoa Served with a Veg. and Fruit Milk/Water</p> <p>PM SNACK Homemade Bean Brownies and Fruit Water</p>	<p>AM SNACK Oatmeal and Fruit Water</p> <p>LUNCH Potato Soup served with Egg Sandwiches and Veg. Sticks and Fruit Milk/Water</p> <p>PM SNACK Fruit Tray and Cheerios Water</p>	<p>AM SNACK Homemade Muffins and Fruit Water</p> <p>LUNCH Pizza Casserole with a Veg. and Bread and Fruit Milk/Water</p> <p>PM SNACK Applesauce and Graham Crackers Water</p>
Week 3	<p>AM SNACK English Muffin and Fruit Water</p> <p>LUNCH Cold Plate (Ham, Cheese, Veg. Sticks, Saltine Crackers) and Yogurt and Fruit Milk/Water</p> <p>PM SNACK Homemade Cookies and Fruit Water</p>	<p>AM SNACK Cereal and Milk Water</p> <p>LUNCH Sheppard's Pie with a Veg., Bread and Fruit Milk/Water</p> <p>PM SNACK Cheese Cubes and Fruit Water</p>	<p>AM SNACK Homemade Muffins and Fruit Water</p> <p>LUNCH Grilled Cheese and Peperoni Sandwiches with a Veg. and Fruit Milk/Water</p> <p>PM SNACK Yogurt and Fruit Water</p>	<p>AM SNACK Apple Sauce and Graham Crackers Water</p> <p>LUNCH Chicken Noodle and Veg. Soup with Bagels and Fruit Milk/Water</p> <p>PM SNACK Homemade Loaf and Fruit Water</p>	<p>AM SNACK Raisin Bread and Fruit Water</p> <p>LUNCH Meatballs with Rice a Veg. and Fruit Milk/Water</p> <p>PM SNACK Flavoured Crackers and Vegetables Water</p>
Week 4	<p>AM SNACK Cereal with Milk Water</p> <p>LUNCH Mac and Cheese with Ham, Veg. and Apple Sauce and Fruit Milk/Water</p> <p>PM SNACK Rice Crispy Squares and Vegetable Sticks Water</p>	<p>AM SNACK English Muffin and Fruit Water</p> <p>LUNCH Chicken Stew with Rice, a Vegetable and Fruit Milk/Water</p> <p>PM SNACK Muffin and Fruit Water</p>	<p>AM SNACK Homemade Loaf and Fruit Water</p> <p>LUNCH Eggs, Bread and Veg. and Yogurt and Fruit Milk/Water</p> <p>PM SNACK Applesauce and Graham Crackers Water</p>	<p>AM SNACK Pancakes and Fruit Water</p> <p>LUNCH Tomato Mac Soup with Tuna Melt Sandwiches with Veg. Sticks and Fruit Milk/Water</p> <p>PM SNACK Vegetable Sticks and Hummus Water</p>	<p>AM SNACK Toast and Fruit Water</p> <p>LUNCH Spaghetti with a Veg, Bread and Fruit Milk/Water</p> <p>PM SNACK Fruit Salad and Yogurt Water</p>