

Monday

Tuesday

Wednesday

Thursday

Friday

Week 1

breakfast
lunch
snack

Oatmeal *
Applesauce
Milk

Breakfast casserole
Pancakes
Green beans
Melon
Milk

Yogurt
Pretzel sticks

Cereal
Banana
Milk

Turkey sandwich *
Green beans
Peaches
Milk

Banana bread
Milk

French toast sticks
Mandarin oranges
Milk

Chicken enchiladas *
California medley
Pineapple
Milk

String cheese
Grapes

Scrambled eggs
Whole-wheat toast *
Melon
Milk

All-beef hot dogs
Homemade mac & cheese
Broccoli, Pears
Milk

Blueberry muffins
Milk

Waffles
Orange slices
Milk

Meatloaf
Mashed potatoes
Whole-wheat bread *
Mixed vegetables
Milk

Chex mix
Applesauce

Week 2

breakfast
lunch
snack

Oatmeal *
Applesauce
Milk

Creamed chicken
Buttered noodles
Steamed carrots
Grapes
Milk

Zucchini bread
Milk

Cereal
Banana
Milk

Tater tot casserole
Whole-wheat bread *
Mixed vegetables
Milk

Apple slices
Teddy grahams

Pancakes
Pineapple
Milk

Taco meat
Tortilla shells *
Lettuce & tomato
Melon
Milk

Carrot bread
Milk

Scrambled eggs
Whole-wheat toast *
Pears
Milk

Ham & cheese loaf
Green beans
Apple slices
Milk

Yogurt
Goldfish crackers

French toast sticks
Peaches
Milk

Turkey sandwich *
Raw carrots & celery
Mandarin oranges
Milk

Cottage cheese
Peaches

Week 3

breakfast
lunch
snack

Oatmeal *
Applesauce
Milk

Chicken quesadillas *
Green beans
Peaches
Milk

Club crackers
Cheese cubes

Cereal
Banana
Milk

Penne pasta & homemade meatballs
Broccoli
Pears
Milk

Wheat thins *
Milk

Waffles
Mandarin oranges
Milk

Pork enchiladas *
Mixed vegetables
Banana
Milk

Saltine crackers
Vegetables with dip

Scrambled eggs
Whole-wheat toast *
Pineapple
Milk

Grilled cheese sandwich *
Baked beans
Raw carrots
Cucumbers
Melon or tomato soup
Milk

Pumpkin muffins
Applesauce

Pancakes
Orange slices
Milk

Shepherd's pie with mixed vegetables
Whole-wheat bread *
Milk

Yogurt
Chex mix

Week 4

breakfast
lunch
snack

Oatmeal *
Applesauce
Milk

All-beef hot dogs
Homemade mac & cheese
Steamed carrots
Pears
Milk

Banana bread
Milk

Cereal
Banana
Milk

Turkey sandwich *
Mixed vegetables
Peaches
Milk

Yogurt
Goldfish crackers

French toast sticks
Pineapple
Milk

BBQs *
Chips
Peas
Berries
Milk

String cheese
Grapes

Scrambled eggs
Whole-wheat toast *
Mandarin oranges
Milk

Creamed chicken
Mashed potatoes
Whole-wheat bread
Melon
Milk

Blueberry muffins
Milk

Waffles
Pears
Milk

Ham & cheese quesadillas *
Raw carrots
Cucumbers or celery
Fruit cup
Milk

Pretzel sticks
Applesauce

Week 5

breakfast
lunch
snack

Oatmeal *
Applesauce
Milk

Hamburger stroganoff
Mixed vegetables
Pears
Milk

Cheese cubes
Ritz crackers

Cereal
Banana
Milk

Homemade pizza
California medley
Mandarin oranges
Milk

Wheat thins
Milk

Pancakes
Apple slices
Milk

Chicken & broccoli
Brown rice *
Melon
Milk

Yogurt
Puff corn

Scrambled eggs
Whole-wheat toast *
Orange slices
Milk

Taco meat
Tortilla shells *
Lettuce & tomato
Pineapple
Milk

Pumpkin muffins
Milk

French toast sticks
Pears
Milk

Cheesy ham & potatoes
Whole-wheat bread *
Peaches
Milk

Club crackers
Applesauce

Fruits and vegetables are subject to change.

Cereals: Cheerios, Life, Kix

* Whole Grain Rich

