



Week

1



Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	WG Oatmeal w/ cinnamon Pineapple Chunks Milk	Whole Grain Cheerios Mandarin Milk	WG Toast w/grape jelly orange juice Milk	French Toast Pears Milk	Rice Krispies Peaches Milk
Lunch	Chicken w/rice & carrots Fruit Cocktail WG Bread Milk	Beefaroni w/meat sauce Lima Beans WG Bread Peaches, Milk	Lentils Black Beans Pears, Rice WG Bread Milk	Angel Hair w/Chicken Green Beans WG Bread Tropical Fruit, Milk	Turkey WG Sandwich Yams Pineapple Chunks Milk
Snack	Ritz Crackers Applesauce Water	Goldfish Crackers Pears Water	Blueberry Muffins Milk	Cinnamon raisin bread Apples	Pretzels Applesauce Water





Week

2



Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Pancakes Applesauce Milk	Waffles Mand. Oranges Milk	WG Toast w/ grape jelly Pears Milk	Grits W/butter Peaches Milk	Corn Flakes Apple Juice Milk
Lunch	Chicken with WhiteRice Carrots Peaches Milk	Sloppy Joe w/bread Diced Potatoes Applesauce Milk	Beef & Cheese Tortilla Chips Red Beans Pineapples Milk	Baked Ziti w/ Meat Sauce Green Beans Pears Milk	Chicken Nuggets Bread w/Butter Corn Fruit Cocktail Milk
Snack	Pinapple Yogurt Water	Chocolate Muffins Grape Juice	cinnamon raisin bread applesauce	cheerios tropical fruit water	Croissant Fruit Cocktail Water





Week

3



Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	WG Toast W/egg round Fruit Cocktail Milk	Cheerios Cereal Orange Juice Milk	Grits W/Butter Peaches Milk	WG Oatmeal w/Cinnamon Pears Milk	Rice Krispies Cereal Pineapple Milk
Lunch	Beefaroni W/meat sauce Mixed Veggies Applesauce WG bread, Milk	Chicken w/Rice Broccoli Pears WG bread, Milk	Turkey Sandwich on WG Bread Corn Mand. Oranges Milk	Angel Hair W/Chicken WG Bread Peas Peaches, Milk	Meatballs Carrots WG Bread Fruit Cocktail Milk
Snack	Cheerios Peaches Water	Chocolate Muffins Milk	Cornbread Apple Juice Water	Pineapple Yogurt Water	Goldfish crackers Pineapple juice water





Week

4



Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	French Toast Pears Milk	Cornflakes Cereal Pineapple Juice Milk	Whole Wheat Toast w/jelly Mand. Oranges Milk	Pancakes Applesauce Milk	Cheerios Cereal Peaches Milk
Lunch	Lentils, Rice WG bread Broccoli Peaches Milk	Sloppy Joe meat WG Hamburger bun Green Beans Fruit Cocktail Milk	Chicken Nuggets WG Bread Yams Pears Milk	Beef & Cheese Taco WG Bread Red Beans Pineapple chunks Milk	Yellow Rice w/egg WG Bread Peas Applesauce Milk
Snack	Cornbread Applesauce Water	Pretzels Mandarin Oranges Water	Ritz Crackers Applesauce	Croissant Fruit Cocktail Water	Blueberry Muffins Milk

