

WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	Seasonal Fruit Salad & Crispy Rice Crackers	Plain unsweetened yogurt with homemade granola	Raisin Bran Cereal with Milk	Fruit Smoothie served with Animal Crackers	Fresh Bran Muffins
LUNCH	Homemade cheese sauce served over macaroni and cauliflower	Chicken or Turkey Nuggets with roasted potatoes and fresh veggies	Mediterranean Veggie Lentil Soup served with toast and milk	Beef, Tofu & Broccoli served over Rice	Simple Beef Sloppy Joes served with buns & grated cheese
PM SNACK	Banana Muffins	Dill pickles with Ham Slices	Grapes with mozzarella cheese slices	Rice Crispy Squares with fresh fruit	Cinnamon Tortilla chips served with fruit salsa

WEEK 2

AM SNACK	Orange Creamsicle Smoothie (Orange, banana, yogurt, Milk)	Toast & Jam	Multigrain Cheerios and Milk	Fruit served with Honey Yogurt dip	Baked pancakes served with syrup & milk
LUNCH	Creamy Italian Quinoa Soup served with Garlic Toast	Savory Beef Mushroom Stroganoff served with Egg Noodles	Butter Chicken Served over a bed of rice with fresh fruit	Chicken Chow Mein (Chicken, onions, carrots, bean sprouts & stir fry noodles) and milk	BBQ pulled Pork served with buns, cheese and a side of fresh seasonal fruit
PM SNACK	Veggie Pizza Pancakes	Fresh Seasonal Fruit & Crackers	Cucumbers and Snap Peas with Dill Dip	**Veggie spring rolls served with plum sauce	Chili Cheese Popcorn & Pretzels

** Are new recipes or we are re-inventing the old recipes to make them even better. All of our baking is made with at least ½ the sugar and less oil whenever possible. Menu is subject to change based on availability of ingredients.

WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	Melon slices served with Milk	Oatmeal & Berry Breakfast Bar	French toast served with a side of fresh berries	Watermelon and Crackers	Rice Crispies and Milk
LUNCH	Hamburgers served with a side of cheese and dill pickles	Tomato soup served with grilled cheese sandwich sticks	Chicken & Cheese Quesadilla served with fresh veggies.	Beef Lasagna and fresh veggies	Pork Veggie Pancett (Filipino stir fry – pork, carrots, onions, cabbage, starch noodles) served with Milk
PM SNACK	Baked Ranch Chickpeas, crispix and cheerios	Snap peas and dill yogurt dip	Graham Crackers served with cheesecake dip	Fresh baked blueberry muffins	Fresh Seasonal Fruit & pretzels

WEEK 4

AM SNACK	Mango Pineapple Smoothie (Mango, Pineapple, yogurt and Milk)	Shreddies & Milk	Apples and Oranges	Cheesy Scrambled Eggs	Blueberry Pancakes
LUNCH	Baked Honey-Marinated cod served with basmati rice and veggies	Baked Beef Meatloaf, roast potatoes served with Caesar salad	Turkey & Cheese sliders served with fresh veggies	Pasta served with Alfredo sauce and a side of fresh veggies	Chicken Veggie Noodle soup served with crackers and milk
PM SNACK	Carrot Cake Muffins	Apple & Cheddar Cheese Slices	Pita bread & hummus	Fresh Seasonal Veggies and Dill dip	Whole grain taco chips served with salsa