



Weekly Menu



Week 1					
	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Cereal Fruit Milk	French Toast Sticks Fruit Milk	Sausage Biscuits Milk	Diced Ham & Eggs Tortilla Milk	Pancakes Fruit Milk
LUNCH	Grilled Chicken Mashed Potatoes Green Beans Milk	Beef Rigatoni Salad w/Ranch Fruit Milk	Refried Beans Spanish Rice Tortilla Fruit Milk	Chicken Alfredo Peas Fruit Milk	Chicken Nuggets Mac-n-Cheese Mixed Veggies Milk
SNACK	Bananas Water	Pita Bread Honey Butter Water	Pretzels Water	Yogurt Graham Crackers Water	Veggie Straws Cheese Stick Water

Week 2					
	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Cereal Fruit Milk	Cinnamon Raisin Toast Fruit Milk	Warm Spiced Oatmeal Milk	Eggs Biscuits Milk	Muffins Fruit Milk
LUNCH	Ham & Cheese Sandwiches Chips Fruit Milk	Chicken & Rice Casserole Green Beans Fruit Milk	Fish Sticks Corn Fruit Milk	Cheese Tortellini Carrots w/Ranch Fruit Milk	Hamburgers Tater Tots Fruit Milk
SNACK	Cheeze-Its Water	Animal Crackers Water	Yogurt Graham Crackers Water	Sliced Apples Water	Cheese Stick Raisins Water



Weekly Menu



Week 3					
	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Cereal Fruit Milk	Waffles Fruit Milk	Cinnamon Toast Fruit Milk	English Muffin Sausage Milk	Diced Ham & Eggs Tortilla Milk
LUNCH	Meatloaf Mashed Potatoes Green Beans Milk	BBQ Brisket Sandwiches Baked Beans Fruit Milk	Red Beans & Rice Fruit Milk	Beef Ravioli Salad w/Ranch Fruit Milk	Grilled Cheese Carrots Fruit Milk
SNACK	Yogurt Graham Crackers Water	Cheese & Crackers Water	Pretzels Water	Animal Crackers Water	Veggie Straws Cheese Stick Water

Week 4					
	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Cereal Fruit Milk	Cinnamon Raisin Toast Fruit Milk	Pancakes Fruit Milk	Scrambled Eggs Tortillas Cheese Milk	Blueberry Bagel Cream Cheese Milk
LUNCH	Pot Roast Mashed Potatoes Green Beans Milk	Taco Salad Black Beans Spanish Rice Milk	Turkey Fritters Peas Fruit Milk	Spaghetti Broccoli Fruit Milk	Little Smokies Baked Beans Fruit Milk
SNACK	Bananas Water	Carrots w/Ranch Water	Goldfish Water	Nilla Wafers Water	Trail Mix Water

