

Weekly Menu

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8:00-8:45	Cherrios Fruit Milk	WW English Muffin Fruit Milk	waffle Fruit Milk	Cereal Fruit Milk	WW Toast Fruit Milk
Lunch 11:30-12:15	Mac & Cheese Hotdogs or Ham Fruit Vegetable Milk	Lunch meat Crackers Fruit Vegetable Milk	Spaghetti WW Noodles Fruit Vegetable Milk	eggs WW Toast hashbrowns fruit Milk	P & J Sandwich WW Bread Fruit Vegetable Milk
Snack 3:00-4:00	Fruit Milk	Cheese Crackers	Yogurt granola	Gold Fish Milk	

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8:00-8:45	WW Toast Fruit Milk	waffle Fruit Milk	hardboiled eggs fruit Milk	Cereal Fruit Milk	Cereal Fruit Milk
Lunch 11:30-12:15	Quesadilla chicken Fruit Vegetable Bread Milk	P & J Sandwich WW Bread Fruit Vegetable Milk	Chicken Brown rice Fruit Vegetable Milk	Ham Bake potato fruit WW bread milk	Pizza Cheese/meat fruit black beans Milk
Snack 3:00-4:00	Banana Peanut butter	Crackers Milk	Fruit Milk	crackers cheese	Yogurt blueberries

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8:00-8:45	Cherrios Fruit Milk	WW English Muffin Fruit Milk	waffle Fruit Milk	Cereal Fruit Milk	WW Toast Fruit Milk
Lunch 11:30-12:15	Corn shell Hamburger Lettuce Tomato Milk	Tuna/cheese WW English Muffin Fruit Vegetable Milk	WW Rice Chicken and cheese Peas Blueberries Milk	eggs WW Toast hashbrowns fruit Milk	P & J Sandwich WW Bread Fruit Vegetable Milk
Snack 3:00-4:00	Fruit Milk	Cheese berries	grapes milk	Gold Fish Milk	Apples Cheese

Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8:00-8:45	Cereal Fruit Milk	muffin Fruit Milk	hardboiled eggs fruit Milk	WW Toast Fruit Milk	Cereal Fruit Milk
Lunch 11:30-12:15	Quesadilla beans Fruit Vegetable Bread Milk	P & J Sandwich WW Bread Fruit Vegetable Milk	Turkey Mash potato fruit roll Milk	Tuna Egg noodle Peas Furit Milk	Pizza Cheese/meat Fruit black beans Milk
Snack 3:00-4:00	cracers fruit	apples Milk	WW Cinnamon toast Milk	Hummus Tortilla	Yogurt blueberries