



MONTHLY MENU

Alternate Menu Every Week



Menu	Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Menu 1	Breakfast	Blueberrie,Waffles, Sugar Free Syrup, Milk	Yogurt,Berries, Granola, Milk	Cinnamon Toast, Strawberries, Milk	Mini Muffins, Banana, Milk	Eggs, Avacado Slices, Orange Juice
	Lunch	BBQ Chicken Sandwiches, Celery, Peaches, Milk	Baked Fish Sticks, Mixed Veggies, Peaches, Milk	Chicken Quesadillas, Black Beans, Mixed Fruit, Milk	Chicken Noodle Cassarole, Peas, Applesauce, Milk	Spaghetti, Salad, Blackberries, Milk
	PM Snack	Wheat Chex, Strawberries, Water	Rice Cakes, Apple Slices, Water	Teddy Grahams, Bananas, Water	Cottage Cheese, Peaches, Water	Veggie Straws, Orange slices, Water
Menu 2	Breakfast	Oatmeal, Strawberries, Milk	Mini Pancakes, Raspberries, Milk	Egg & Cheese Crossaints, Orange Juice	Pop Tarts, Strawberries, Milk	Sugar Free Jelly Toast, Milk
	Lunch	Mini Meatballs, Mashed Potatoes, Carrots, & Pears	(Homemade- Lunchables) Turkey, Cheese, Crackers, Fruit, Milk	Frito Pie, Peaches, Peas, Milk	Mac & Cheese, Broccoli, Peaches, Milk	Mini Corn Dogs, Mixed Veggies, Mango, Milk
	PM Snack	Teddy Grahams, Sunbutter, Strawberries, Water	Oranges, Pretzels, Water	Cheese Cubes, Wheat Crackers, Water	Turkey Slices, Crackers, Water	Animal Crackers, Mango, Water

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Menu	Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Menu 3	Breakfast	French Toast Sticks, Strawberries, Sugar Free Syrup, Milk	Oatmeal, Diced Apples, Milk	Breakfast Burritos (Egg/Cheese), Avacado, Milk	Waffles, Bananas, Milk	Bagels, Cream Cheese Blueberries, Milk
	Lunch	Chicken Nuggets, Green Beans, Peaches, Sugar Free Ketchup, Milk	Beef Tacos, Corn, Pineapple Milk	Turkey & Cheese Sliders, Potato Wedges, Carrots, Pears, & Milk	Grilled Cheese, ham, & Tomato Sandwiches, Mangos, Milk	Chicken Alfredo Pasta, Peas, Peaches, Milk
	PM Snack	Cheddar Cheese Crackers, Water	Pretzels & Cucumber Slices, Water	Rice Cakes, Sweet Pepper Strips, Water	Vanilla Wafers, Applesauce, Water	Whole Wheat Crackers, Celery Sticks, Water
Menu 4	Breakfast	Mini Cinnamon Rolls, Peaches, Milk	Pancake & Sausage Corndog, Sugar Free Syrup, Mixed Berries, Milk	Peanut Butter Toast, Diced Apples, Milk	Biscuit & Sausage Sandwich, Raspberries, Apple Juice	Whole Grain Cereal, Mixed Berries, Milk
	Lunch	Chicken & Cheese Mini Tacos, Broccoli, Oranges, Milk	Sloppy Joes, Sweet Potato Fries, Carrots, Watermelon, Milk	Pepperoni Pizza, Salad Mix, Melon, Milk	Beef Macaroni, Green Beans, Pears, Wheat Rolls, Milk	Cheese Ravioli, Peas, Garlic Bread, Mixed Fruit, Milk
	PM Snack	Animal Crackers, Carrot Sticks, Water	Sugar Free Fruit Jam Toast, Water	Chewy Bars, Strawberries, Water	Cherrios, Banana Slices, Water	Pretzels, Pineapple, Water

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