



# Weekly Menu



## Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>	Cereal Fruit Milk	French Toast Sticks Fruit Milk	Muffins Fruit Milk	Sausage Biscuits Fruit Milk	Oatmeal Raisins Milk
<b>LUNCH</b>	Meat Loaf Mashed Potatoes Green Beans Milk	Refried Beans Spanish Rice Tortillas Milk	Chicken Spaghetti Broccoli Milk	Fish Sticks Bread Peas Milk	Lasagna Corn Milk
<b>SNACK</b>	Bananas Water	Yogurt Graham Crackers Water	Apples Water	Nutrigrain Bar Water	Veggie Straws Cheese Stick Water

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## Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>	Cereal Fruit Milk	Cinnamon Raisin Toast Fruit Milk	Scrambled Eggs Cheese Tortillas Milk	Oatmeal Raisins Milk	Muffins Fruit Milk
<b>LUNCH</b>	Chicken Nuggets Fruit Green Beans Milk	Beef Rigatoni Corn Milk	Red Beans & Rice Cornbread Peas Milk	Turkey Sandwiches Zucchini & Squash Medley Milk	Chicken Alfredo Broccoli Milk
<b>SNACK</b>	Bananas Water	Yogurt Graham Crackers Water	Apples Water	Cheese-Its Water	Ritz Cheese Sticks Water





### Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	French Toast Sticks Fruit Milk	Cinnamon Raisin Bread Fruit Milk	Cereal Fruit Milk	Sausage Biscuits Milk	Oatmeal Raisins Milk
LUNCH	Chicken and Rice Broccoli Milk	BBQ Sandwiches Baked Beans Fruit Milk	Pot Roast Mashed Potatoes Green Beans Milk	Spaghetti Corn Milk	Turkey Roll Ups Carrots Fruit Milk
SNACK	Bananas Water	Yogurt Graham Crackers Water	Apples Water	Nilla Wafers Water	Veggie Straws Cheese Sticks Water

### Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Cereal Fruit Milk	Cinnamon Raisin Toast Fruit Milk	Muffins Fruit Milk	Scrambled Eggs Tortillas Cheese Milk	Oatmeal Raisins Milk
LUNCH	Meatballs Mashed Potatoes Green Beans Milk	Taco Salad (Black Beans & Rice) Cheese Ground beef Milk	Chicken Nuggets Peas Milk	Chicken Teriyaki White Rice Broccoli Milk	Little Smokies Mac-N-Cheese Sweet Potatoes Milk
SNACK	Bananas Water	Cucumbers Greek Yogurt Dip Water	Apples Water	Yogurt Graham Crackers Water	Ritz Cheese Sticks Water

