

# Menu 1

For the week of: \_\_\_\_\_

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>AM</i>	<i>French Toast w/ Syrup Oranges Milk</i>	<i>Oatmeal w/ Brown Sugar Bananas Milk</i>	<i>Fresh Fruit Bread w/ Cream Cheese Mixed Fruit Milk</i>	<i>Pancakes w/ Syrup Pears Milk</i>	<i>Homemade Blueberry Muffins Sausage Patty Pears Milk</i>
<i>LUNCH</i>	<i>Beef Cheeseburgers on a Bun Broccoli w/ Cheese Peaches Milk</i>	<i>Turkey w/ Dressing Sweet Potatoes Green Beans Bread Applesauce Milk</i>	<i>Turkey &amp; Cheese Wrap Peas Peaches Milk</i>	<i>Lasagna w/ Beef &amp; Tomatoes Steamed Spinach or Spinach Salad Garlic Bread Applesauce Milk</i>	<i>Taco Pie w/ Cheese, Lettuce &amp; Tomato Peas Mixed Fruit Milk</i>
<i>PM</i>	<i>Soft Pretzels w/ Mustard Seasonal Fruit Water</i>	<i>Homemade Fruit Cobbler Milk</i>	<i>Rice Cakes Bananas Water</i>	<i>Bagels w/ Cream Cheese Seasonal Fruit Water</i>	<i>Graham Crackers Pineapple Water</i>

# Menu 2

For the week of: \_\_\_\_\_

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<i>AM</i>	<i>French Toast Pineapple Milk</i>	<i>Corn Flakes Oranges Milk</i>	<i>Bagels w/ Cream Cheese Mixed Fruit Milk</i>	<i>Cinnamon Toast Mandarin Oranges Milk</i>	<i>Pancakes w/ Syrup Banana Slices Milk</i>
<i>LUNCH</i>	<i>Salisbury Steak w/ Gravy &amp; Mashed Potatoes Peas Bread Peaches Milk</i>	<i>Chicken &amp; Rice Casserole Broccoli Pears Milk</i>	<i>Hamburger on a Bun w/ Lettuce &amp; Tomato Green Beans Pineapple Milk</i>	<i>Turkey &amp; Cheese Sandwich Peas Apple Slices or Applesauce Milk</i>	<i>Chicken Patty on a Bun Carrots Mixed Fruit Milk</i>
<i>PM</i>	<i>Wheat Thins Apple Slices or Applesauce Water</i>	<i>Goldfish Crackers Bananas Water</i>	<i>Cheese-Its Crackers Seasonal Fruit Water</i>	<i>Graham Crackers Bananas Water</i>	<i>Cheese &amp; Crackers Fruit Seasonal Water</i>

# Menu 3

For the week of: \_\_\_\_\_

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<i>AM</i>	<i>Pancakes w/ Syrup Pears Milk</i>	<i>English Muffins w/ Melted Cheese Apple Slices or Applesauce Milk</i>	<i>Cornflakes Cereal Bananas Milk</i>	<i>Turkey Sausage Biscuits Applesauce Milk</i>	<i>Cheerios Cereal Orange Slices Milk</i>
<i>LUNCH</i>	<i>Spanish Rice w/ Beef Peas Applesauce Milk</i>	<i>Spaghetti w/ Beef &amp; Tomatoes Green Beans Pears Italian Bread Milk</i>	<i>Chicken Nuggets Macaroni &amp; Cheese Sauce Kale Pineapple Milk</i>	<i>Fish Sticks Broccoli &amp; Cheese Sauce Peaches Rolls Milk</i>	<i>Turkey Hot Dogs on a Bun Baked Beans Diced Carrots Mixed Fruit Milk</i>
<i>PM</i>	<i>Cheese &amp; Crackers Seasonal Fruit Water</i>	<i>Wheat Thins Oranges Water</i>	<i>Graham Crackers w/ Cream Cheese Seasonal Fruit Water</i>	<i>Soft Pretzels Apple Slices or Applesauce Water</i>	<i>Bread Sticks w/ Marinara Sauce Seasonal Fruit Water</i>

# Menu 4

For the week of: \_\_\_\_\_

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>AM</i>	<i>Turkey Sausage</i> <i>Biscuits</i> <i>Pears</i> <i>Milk</i>	<i>French Toast Sticks</i> <i>Apple Slices</i> <i>Milk</i>	<i>Rice Krispies Cereal</i> <i>Bananas</i> <i>Milk</i>	<i>Toast</i> <i>Fresh Fruit</i> <i>Yogurt</i> <i>Milk</i>	<i>Oatmeal</i> <i>Oranges</i> <i>Milk</i>
<i>LUNCH</i>	<i>Chicken Stew</i> <i>Peas &amp; Carrots</i> <i>Pita Bread</i> <i>Peaches</i> <i>Milk</i>	<i>Beefy Mac Casserole</i> <i>Carrots</i> <i>Pears</i> <i>Whole Wheat Bread</i> <i>Milk</i>	<i>Chicken Fingers</i> <i>Bread</i> <i>Squash</i> <i>Fried Apples</i> <i>Milk</i>	<i>Lasagna w/</i> <i>Beef &amp; Tomato</i> <i>Garden Salad</i> <i>Bread Sticks</i> <i>Mixed Fruit</i> <i>Milk</i>	<i>Fish Sticks</i> <i>Pasta Salad</i> <i>Green Beans</i> <i>Tropical Fruit</i> <i>Milk</i>
<i>PM</i>	<i>Soft Pretzels</i> <i>w/ Cheese Sauce</i> <i>Seasonal Fruit</i> <i>Water</i>	<i>Ritz Crackers</i> <i>w/ Cream Cheese</i> <i>Seasonal Fruit</i> <i>Water</i>	<i>Bagels</i> <i>w/ Cream Cheese</i> <i>Seasonal Fruit</i> <i>Water</i>	<i>Homemade</i> <i>Banana Bread</i> <i>Seasonal Fruit</i> <i>Water</i>	<i>Broccoli &amp; Dip</i> <i>Crackers</i> <i>Seasonal Fruit</i> <i>Water</i>

# Menu 5

For the week of: \_\_\_\_\_

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<i>AM</i>	<i>French Toast Apple Slices Milk</i>	<i>Waffles Oranges Milk</i>	<i>Rice Krispies Cereal Bananas Milk</i>	<i>Sausage Biscuits Mandarin Oranges Milk</i>	<i>Oatmeal Fresh Fruit Milk</i>
<i>LUNCH</i>	<i>Turkey &amp; Cheese Sub Sandwich Squash Oranges Rolls Milk</i>	<i>Baked Ziti w/ Tomatoes &amp; Beef Steamed Spinach or Spinach Salad Bread Sticks Peaches Milk</i>	<i>Chicken Nuggets Mashed Potatoes w/ Gravy Broccoli Bread Mixed Fruit Milk</i>	<i>Chili Mac Corn Muffins Peas Pears Milk</i>	<i>Chicken Stew Peas Pita Bread Cheese Cubes Peaches Milk</i>
<i>PM</i>	<i>Soft Pretzels w/ Mustard Seasonal Fruit Water</i>	<i>Apple Slices or Applesauce Wheat Thins Water</i>	<i>Fresh Veggies w/ Dip Crackers Seasonal Fruit Water</i>	<i>Homemade Banana Bread Seasonal Fruit Water</i>	<i>Garlic Breadsticks w/ Marinara Sauce Seasonal Fruit Water</i>

# Menu 6

For the week of: \_\_\_\_\_

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<i>AM</i>	<i>Whole Wheat Toast</i> <i>Sausage Patty</i> <i>Mixed Fruit</i> <i>Milk</i>	<i>Cheerios</i> <i>Bananas</i> <i>Milk</i>	<i>French Toast</i> <i>Oranges</i> <i>Milk</i>	<i>Oatmeal</i> <i>Peaches</i> <i>Milk</i>	<i>Pancakes</i> <i>Pineapple</i> <i>Milk</i>
<i>LUNCH</i>	<i>Chicken &amp; Rice</i> <i>Casserole</i> <i>Peas</i> <i>Bread</i> <i>Mandarin Oranges</i> <i>Milk</i>	<i>Beef Sloppy Joes</i> <i>Tater Tots</i> <i>Cooked Carrots</i> <i>Apple Slices</i> <i>or Applesauce</i> <i>Milk</i>	<i>Meatballs</i> <i>Mashed Potatoes</i> <i>Broccoli w/ Cheese</i> <i>Bread</i> <i>Mixed Fruit</i> <i>Milk</i>	<i>Beef Lasagna w/</i> <i>Tomatoes</i> <i>Green Beans</i> <i>Bread Sticks</i> <i>Tropical Fruit</i> <i>Milk</i>	<i>Tuna Noodle</i> <i>Casserole</i> <i>Peas</i> <i>Bread</i> <i>Applesauce</i> <i>Milk</i>
<i>PM</i>	<i>Graham Crackers</i> <i>Apple Slices</i> <i>or Applesauce</i> <i>Water</i>	<i>Fresh Veggies</i> <i>w/ Dip</i> <i>Crackers</i> <i>Seasonal Fruit</i> <i>Water</i>	<i>Bagels</i> <i>w/ Cream Cheese</i> <i>Seasonal Fruit</i> <i>Water</i>	<i>Homemade</i> <i>Apple Cinnamon</i> <i>Muffins</i> <i>Seasonal Fruit</i> <i>Water</i>	<i>Quesadillas w/</i> <i>Cheese Sauce</i> <i>Seasonal Fruit</i> <i>Water</i>

# Menu 7

For the week of: \_\_\_\_\_

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>AM</i>	<i>Oatmeal Pineapple Milk</i>	<i>Pancakes Pears Milk</i>	<i>English Muffins w/ Cheese Mixed Fruit Milk</i>	<i>Waffles Oranges Milk</i>	<i>Corn Flakes Cereal Bananas Milk</i>
<i>LUNCH</i>	<i>Meatloaf Casserole Mashed Potatoes Peas Bread Mixed Fruit Milk</i>	<i>Turkey Hot Dogs Macaroni &amp; Cheese Broccoli Apple Slices or Applesauce Milk</i>	<i>Beef Stroganoff Corn Bread Carrots Pears Milk</i>	<i>Turkey Sweet Potatoes Peas Bread Fried Apples Milk</i>	<i>Cheese Pizza Cheese Cubes Tomatoes Pea Salad Peaches Milk</i>
<i>PM</i>	<i>Tortilla Chips w/ Salsa or Queso Dip Seasonal Fruit Water</i>	<i>Graham Crackers Bananas Water</i>	<i>Soft Pretzels w/ Cheese Sauce Seasonal Fruit Water</i>	<i>Cheese Crackers Apple Cider</i>	<i>Ritz Crackers w/ Cream Cheese Seasonal Fruit Water</i>

# Menu 8

For the week of: \_\_\_\_\_

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<i>AM</i>	<i>Cheese Enriched Grits Mixed Berries Milk</i>	<i>Turkey Sausage and Cheese Burritos Fresh Oranges Milk</i>	<i>Yoghurt w/ Granola Whole Wheat Toast Bananas Milk</i>	<i>Pancakes Fried Apples Milk</i>	<i>Turkey Sausage Biscuits Melon Milk</i>
<i>LUNCH</i>	<i>Baked Chicken Pasta Salad Cooked Carrots Tropical Fruit Milk</i>	<i>Tuna Noodle Casserole Cooked or Raw Broccoli Diced Pears Rolls Milk</i>	<i>Chicken Quesadillas Spanish Rice Kale Pineapple Milk</i>	<i>Ziti w/ Beef &amp; Tomatoes Green Beans Garlic Toast Peaches Milk</i>	<i>Meatloaf Casserole Macaroni &amp; Cheese Peas Mixed Fruit Milk</i>
<i>PM</i>	<i>Apple Slices or Applesauce Cheese Chunks Water</i>	<i>Homemade Banana Bread Milk</i>	<i>Turkey, Ham &amp; Cheese Crackers Water</i>	<i>Soft or Hard Tortilla Chips or Shells Salsa Seasonal Fruit Water</i>	<i>Crackers w/ Cream Cheese Seasonal Fruit Water</i>

# Menu 9

For the week of: \_\_\_\_\_

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<i>AM</i>	<i>French Toast Oranges Milk</i>	<i>Bagels w/ Cream Cheese Melon Milk</i>	<i>Croissants Tropical Fruit Milk</i>	<i>Oatmeal w/ Brown Sugar Bananas Milk</i>	<i>Waffles Mixed Fruit Milk</i>
<i>LUNCH</i>	<i>Salisbury Steak w/ Brown Gravy Mashed Potatoes Green Beans Bread Applesauce Milk</i>	<i>Chicken Alfredo Garden Salad Garlic Bread Peaches Milk</i>	<i>Sheppard's Pie w/ Beef &amp; Potatoes Carrots &amp; Corn Whole Wheat Rolls Pears Milk</i>	<i>Chicken Stir Fry w/ Snow Peas &amp; Broccoli White Rice Mandarin Oranges Milk</i>	<i>Hamburgers on a Bun Tater Tots Raw or Diced Carrots Fried Apples Milk</i>
<i>PM</i>	<i>Carrots, Broccoli &amp; Dip Crackers Seasonal Fruit Water</i>	<i>Apple Salad Graham Crackers Water</i>	<i>Soft Pretzels w/ Cheese Sauce Seasonal Fruit Water</i>	<i>Homemade Berry Cobbler Milk</i>	<i>Quesadillas w/ Cheese Sauce Seasonal Fruit Water</i>

# Menu 10

For the week of: \_\_\_\_\_

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<i>AM</i>	<i>Bagels Apples or Applesauce Milk</i>	<i>Cheerios Cereal Pears Milk</i>	<i>Minnieland Egg Muffin w/ Turkey Bacon Pineapple Milk</i>	<i>French Toast Mandarin Oranges Milk</i>	<i>Biscuits Turkey Sausage Peaches Milk</i>
<i>LUNCH</i>	<i>Turkey Hot Dogs on a Bun Baked Sweet Potato Fries Pears Milk</i>	<i>Tuna Salad Sandwich Peaches Peas Milk</i>	<i>Beef Taco Pie Topped w/ Tomatoes &amp; Lettuce Carrots Strawberries Milk</i>	<i>Turkey &amp; Cheese Sub Sandwich Sliced Apples or Applesauce Raw or Cooked Broccoli Milk</i>	<i>Chili Mac Mixed Veggies w/ Carrots Cantaloupe Bread Milk</i>
<i>PM</i>	<i>Wheat Thins Seasonal Fruit Water</i>	<i>Applesauce or Apples w/ Dip Crackers Lemonade</i>	<i>Cheese-Its Crackers Seasonal Fruit Water</i>	<i>Graham Crackers Mixed Fruit Lemonade</i>	<i>Cheese Quesadillas Seasonal Fruit Water</i>

# Menu 11

For the week of: \_\_\_\_\_

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<i>AM</i>	<i>Sausage Bagels Mixed Fruit Milk</i>	<i>Cheerios Cereal Peaches Milk</i>	<i>Whole Grain Muffins Sliced Apples or Applesauce Milk</i>	<i>French Toast Sticks w/ Syrup Pears Milk</i>	<i>English Muffins w/ Cheese Pineapple Milk</i>
<i>LUNCH</i>	<i>Chicken Salad Sandwich Spinach Salad or Steamed Spinach Oranges Milk</i>	<i>Baked Ziti w/ Beef &amp; Tomatos Applesauce Dinner Rolls Milk</i>	<i>Turkey &amp; Cheese Wraps Green Beans Pears Milk</i>	<i>Sloppy Joes Tater Tots Peas &amp; Carrots Mandarin Oranges Milk</i>	<i>Turkey Hot Dogs on a Bun Sweet Potatoes Melon Milk</i>
<i>PM</i>	<i>Bananas Graham Crackers Water</i>	<i>Soft Pretzels w/ Cheese Sauce Seasonal Fruit Water</i>	<i>Crackers Broccoli &amp; Dip Seasonal Fruit Water</i>	<i>Hard or Soft Tortilla Shells w/ Salsa or Queso Dip Seasonal Fruit Water</i>	<i>Ritz Crackers w/ Cream Cheese Seasonal Fruit Water</i>

# Menu 12

For the week of: \_\_\_\_\_

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<i>AM</i>	<i>Pancakes w/ Syrup Mixed Berries Milk</i>	<i>Scrambled Eggs Toast Pineapple Milk</i>	<i>Waffles w/ Syrup Applesauce Milk</i>	<i>Sausage Patties on English Muffins Cantaloupe Milk</i>	<i>Rice Krispies Cereal Pears Milk</i>
<i>LUNCH</i>	<i>Cheese Pizza Cheese Cubes Raw Spinach or Spinach Salad Sliced Apples or Applesauce Milk</i>	<i>Turkey Franks &amp; Beans Cooked Carrots Bread Peaches Milk</i>	<i>Chicken Alfredo w/ Broccoli Tropical Fruit Milk</i>	<i>Cheeseburgers on a Bun w/ Tomatoes &amp; Lettuce Green Beans Sliced Oranges Milk</i>	<i>Turkey &amp; Cheese Wraps Peas Honeydew Melon Milk</i>
<i>PM</i>	<i>Bagels w/ Cream Cheese Seasonal Fruit Water</i>	<i>Garlic Bread w/ Marinara Sauce Seasonal Fruit Water</i>	<i>Saltine Crackers Peaches Lemonade</i>	<i>Graham Crackers Bananas Lemonade</i>	<i>Goldfish Crackers Seasonal Fruit Water</i>