

Weekly Menu Sample

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cold Cereal Banana Milk	Pancakes/Waffle Strawberries Milk	Toast Apples Milk	Muffin Blueberries Milk	Oatmeal Raisins Milk
AM Snack	Toast Nectarines	Animal Crackers Banana	Muffin Blueberries	Graham Crackers Applesauce	Fruit-n-Grain Bar Strawberries
Lunch	Hotdog Bun Green Peas Grapes Milk	Chicken Nuggets Macaroni & Cheese French Fries Blueberries Milk	Ground Beef Pasta Tomato Sauce Banana Milk	Peanut butter Bread Celery Apples Milk	Egg Toast Hash brown Oranges Milk
PM Snack	Snack Crackers 100 % Fruit Juice	Graham Crackers Pineapple	Yogurt Vanilla Wafer	Gold Fish Crackers 100 % Fruit Juice	Cheese Sticks 100 % fruit Juice
Dinner	Kielbasa/Bratwurst Biscuits Boiled Potatoes Green Beans Milk	Baked Chicken Garlic Bread Mashed Potatoes Green Peas Milk	Pork Chop White Rice Broccoli Applesauce Milk	Turkey Dressing Sweet Potatoes Cranberry Sauce Milk	Fish Brown Rice Mixed Vegetables Nectarines Milk
Evening Snack	Toast Apples	Muffin Strawberries	Animal Crackers Peaches	Vanilla Wafer Banana	Yogurt Graham Crackers