

MONDAY

**AM Snack**

Nutrigran Bar • Milk

Vegetarian:

**Lunch**

Turkey Wrap • Cucumber • Cantaloupe • 1% or Whole Milk

Hummus w/whole  
wheat pita**PM Snack**

Fruit Slices • Crackers

TUESDAY

**AM Snack**

Yogurt • Graham Crackers

**Lunch**

Beenie Weenie Casserole • Peas • Apples • 1% or Whole Milk

Vegetarian bean  
casserole**PM Snack**

Cheese • Saltine Crackers

WEDNESDAY

**AM Snack**

Homemade Fruit Muffins • 1% or Whole Milk

**Lunch**

Chicken Alfredo Bake • Broccoli • Applesauce • 1% or Whole Milk

Pasta w/Alfredo sauce

**PM Snack**

Turkey Pepperoni • Mozzarella Cheesesticks

THURSDAY

**AM Snack**

Whole Wheat Cinnamon Toast • Apple Slices

**Lunch**

Chicken and Rice • Green Beans • Oranges • 1% or whole Milk

Cheesy Broccoli Bake

**PM Snack**

Bananas • Wheat Thins

FRIDAY

**AM Snack**

Cereal • 1% or Whole Milk

**Lunch**

Chicken Quesadilla • Corn • Bananas • 1% or Whole Milk

Cheese Quesadilla

**PM Snack**

Cookies • Milk

FOOD  
FOR

Thought

April 30-4, 2018