



Menu # 1

Monday:

Breakfast: Cereal w/ ½ Banana & Milk

AM Snack: Nutri-Grain Bar

Lunch: Soy Butter & Jelly Sandwiches on Whole Grain Bread
Carrot Sticks & Ranch, Sliced Oranges & Milk

PM Snack: Frozen Gogurts & Water

Tuesday:

Breakfast: ½ Slice Toast w/ Cutie & Milk

AM Snack: Cracker Snacker

Lunch: Upside Down Pizza, Corn, Pears & Milk

PM Snack: Teddy Grahams & Cantaloupe

Wednesday:

Breakfast: Soy Butter and Banana Pocket & Milk

AM Snack: Cinnamon Raisin Toast & Water

Lunch: Whole Grain Macaroni & Cheese
Green Beans, Grapes & Milk

PM Snack: Apple Slices

Thursday:

Breakfast: Bagel w/ Cream Cheese & Apple Slices & Milk

AM Snack: Trail Mix

Lunch: Hamburgers on Whole Grain Bun
Baked Beans, Watermelon, & Milk

PM Snack: Sliced Squash & Zucchini

Friday:

Breakfast: Yogurt w/ Fruit & Granola & Milk

AM Snack: Applesauce

Lunch: Grilled Cheese Sandwiches on Whole Grain Bread
Salad, Mandarin Oranges & Milk

PM Snack: Goldfish