



## Menu #4

### Monday:

**Breakfast:** Cereal w/ ½ Banana & Milk

**AM Snack:** Raisins

**Lunch:** Chicken Salad Croissants, Carrots & Celery, Watermelon & Milk

**PM Snack:** Whole Grain Cheez-Its

### Tuesday:

**Breakfast:** ½ Slice of Toast w Cutie & Milk

**AM Snack:** Cottage Cheese w/ Mixed Fruit

**Lunch:** Taco Casserole

Tomato/Cucumber/Avocado Salad, Peaches & Milk

**PM Snack:** Whole Grain English Muffin w/Cream Cheese & Apple Slice

### Wednesday:

**Breakfast:** Soy Butter and Banana Pocket & Milk

**AM Snack:** Nutri-grain Bars

**Lunch:** Bagel Pizza, Green Beans, Mixed Fruit & Milk

**PM Snack:** String Cheese w/ Crackers

### Thursday:

**Breakfast:** Bagel w Cream Cheese and Sliced Apples & Milk

**AM Snack:** Rice Cakes

**Lunch:** Hot Ham & Cheese on Wheat Roll  
Brussel Sprouts, Mandarin Oranges & Milk

**PM Snack:** Zucchini/Squash

### Friday:

**Breakfast:** Yogurt w Fruit & Granola & Milk

**AM Snack:** Vanilla Wafer & ½ Banana

**Lunch:** Fish Sticks, Mashed Potatoes, Cantaloupe & Milk

**PM Snack:** Goldfish