

# Menu

## Week One

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mini Breakfast</b>  Milk/water Oatmeal	<b>Mini Breakfast</b>  Milk/water French toast	<b>Mini Breakfast</b>  Milk/water Cold cereal	<b>Mini Breakfast</b>  Milk/water Cream of Wheat	<b>Mini Breakfast</b>  Milk/water Tea biscuits
<b>Lunch</b>  Milk/water  Raw vegetables  Homemade fish chowder  Cheese biscuits  Fruit	<b>Lunch</b>  Milk/water  Raw vegetables  Chicken wieners & Bean stew  Dinner rolls  Fruit	<b>Lunch</b>  Milk/water  Raw vegetables  Macaroni & cheese Steamed vegetables  Breadsticks  Fruit	<b>Lunch</b>  Milk/water  Tossed salad  Unstuffed beef cabbage Rice Corn  Fresh bread  Fruit	<b>Lunch</b>  Milk/water  Raw vegetables  Breaded chicken Quinoa Bean salad  Pita  Fruit
<b>Snack</b> Water  Rice pudding & Raisins	<b>Snack</b> Water  Zucchini bread Fruit	<b>Snack</b> Water  Banana muffin Fruit	<b>Snack</b> Water  Trail mix Fruit	<b>Snack</b> Water  Applesauce & Melba toast

# Menu

## Week Two

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mini Breakfast</b>  Milk/water Cream of Wheat	<b>Mini Breakfast</b>  Milk/water Muffins	<b>Mini Breakfast</b>  Milk/water Oatmeal	<b>Mini Breakfast</b>  Milk/water Bagels	<b>Mini Breakfast</b>  Milk/water Cold cereal
<b>Lunch</b>  Milk/water  Raw vegetables  Lentil & vegetable soup  Crackers  Fruit	<b>Lunch</b>  Milk/water  Raw vegetables  Scrambled eggs Home fries  Toast  Fruit	<b>Lunch</b>  Milk/water  Cooked vegetables  Spaghetti with turkey bacon in red sauce Dinner rolls  Fruit	<b>Lunch</b>  Milk/water  Coleslaw  Fish with mango chutney Rice Bread  Fruit	<b>Lunch</b>  Milk/water  Raw vegetables  Beef Stroganoff Steamed green beans Fresh bread  Fruit
<b>Snack</b> Water  Apple loaf & Fruit	<b>Snack</b> Water  Bean brownies Fruit	<b>Snack</b> Water  Cheese & crackers Fruit	<b>Snack</b> Water  Hummus & Pitas	<b>Snack</b> Water  Veggies & dip

# Menu

## Week Three

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Mini Breakfast</b> Milk/water Cold cereal	<b>Mini Breakfast</b> Milk/water Cream of Wheat	<b>Mini Breakfast</b> Milk/water Yogurt	<b>Mini Breakfast</b> Milk/water Oatmeal	<b>Mini Breakfast</b> Milk/water Toast
<b>Lunch</b> Milk/water Raw vegetables Chili con carne Rice Pita Fruit	<b>Lunch</b> Milk/water Raw vegetables White fish & noodle casserole Mixed veggies Breadsticks Fruit	<b>Lunch</b> Milk/water Raw vegetables Vegetarian lasagna Green beans Dinner rolls Fruit	<b>Lunch</b> Milk/water Raw vegetables Grilled cheese sandwiches Soup Fruit	<b>Lunch</b> Milk/water Tossed salad Chicken & vegetable pot pie Carrots Fresh bread Fruit
<b>Snack</b> Water Celery & cream cheese Raisins	<b>Snack</b> Water Corn bread Fruit	<b>Snack</b> Water Applesauce & Melba toast	<b>Snack</b> Water Graham crackers Fruit	<b>Snack</b> Water Cheese & crackers Fruit

# Menu

## Week Four

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Mini Breakfast</b>  Milk/water Cream of Wheat	<b>Mini Breakfast</b>  Milk/water Oatmeal	<b>Mini Breakfast</b>  Milk/water Bagels	<b>Mini Breakfast</b>  Milk/water Cold cereal	<b>Mini Breakfast</b>  Milk/water English muffins
<b>Lunch</b> Milk/water  Raw vegetables  Potato & turkey bacon soup  Crackers  Fruit	<b>Lunch</b> Milk/water  Raw vegetables  Vegetable bean stew with quinoa & rice  Bread  Fruit	<b>Lunch</b> Milk/water  Raw vegetables  Chicken stir fry Rice Steamed vegetables Bread  Fruit	<b>Lunch</b> Milk/water  Raw vegetables  Stewed hamburger Mashed potatoes Couscous salad Fresh bread Fruit	<b>Lunch</b> Milk/water  Coleslaw  Fish & potato cakes Peas Bread & butter pickles  Fruit
<b>Snack</b> Water  Muffins Fruit	<b>Snack</b> Water  Hummus & pitas	<b>Snack</b> Water  Homemade oatmeal cookies & Fruit	<b>Snack</b> Water  Banana loaf Fruit	<b>Snack</b> Water  Bagels & cream cheese Fruit

### Week Five

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Mini Breakfast</b>  Milk/water Oatmeal	<b>Mini Breakfast</b>  Milk/water Cold cereal	<b>Mini Breakfast</b>  Milk/water English muffins	<b>Mini Breakfast</b>  Milk/water Toast	<b>Mini Breakfast</b>  Milk/water Cream of Wheat
<b>Lunch</b> Milk/water  Coleslaw  Pancakes Sausages  Fruit	<b>Lunch</b> Milk/water  Raw vegetables  Vegetable & cheese frittata Steamed carrots  Fresh bread  Fruit	<b>Lunch</b> Milk/water  Raw vegetables  Chicken cacciatore Bean medley  Bread  Fruit	<b>Lunch</b> Milk/water  Raw vegetables  Salmon & rice casserole Peas  Pita  Fruit	<b>Lunch</b> Milk/water  Raw vegetables  Salisbury steak/gravy Potatoes Cooked vegetables Bread  Fruit
<b>Snack</b> Water  Ritz crackers & cheese Fruit	<b>Snack</b> Water  Lemon loaf Fruit	<b>Snack</b> Water  Carrot Muffins Fruit	<b>Snack</b> Water  Scones Fruit	<b>Snack</b> Water  Graham crackers Fruit

## Alternative Week

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Mini Breakfast</b>  Milk/water Cold Cereal	<b>Mini Breakfast</b>  Milk/water Bagels	<b>Mini Breakfast</b>  Milk/water Yogurt	<b>Mini Breakfast</b>  Milk/water Oatmeal	<b>Mini Breakfast</b>  Milk/water Cereal
<b>Lunch</b> Milk/water  Raw vegetables  Spaghetti  Dinner rolls  Fruit	<b>Lunch</b> Milk/water  Raw vegetables  White fish & noodle casserole Mixed vegetables Breadsticks  Fruit	<b>Lunch</b> Milk/water  Raw vegetables  Salisbury steak Rice Bean medley Bread  Fruit	<b>Lunch</b> Milk/water  Tossed salad  Chicken wieners & beans Dinner rolls  Fruit	<b>Lunch</b> Milk/water  Pickles  Chili & rice  Pita  Fruit
<b>Snack</b> Water  Ritz crackers & cheese Fruit	<b>Snack</b> Water  Hummus Pita	<b>Snack</b> Water  Applesauce & melba toast	<b>Snack</b> Water  Trail mix Fruit	<b>Snack</b> Water  Graham crackers Fruit