











<b>WEEK 1</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>AM SNACK</b> 	Cheerios  2% Milk	Cinnamon Hypnotizers with fresh fruit  2% Milk	Yogurt with fresh fruit  2% Milk	Oatmeal muffins  2% Milk	Pancakes with syrup  2% Milk
  <b>LUNCH</b> 	Subs with fresh chopped salad and cheddar cheese  Fresh Fruit  Water	Terrific tortellini salad tossed with (broccoli, carrots, red peppers and tender chicken bites)  Fresh Fruit  Water	Tomato soup served with buttered buns  Fresh fruit  Water	Chili cheese toast With corn on side  Fresh Fruit  Water	Beefy tomato pasta bake  Fresh fruit  Water
<b>PM SNACK</b> 	Turkey Cheese puck (shredded marble cheese, cream cheese, turkey slices) served with pita  Water	Cream cheese and salsa dip with nachos  Water	Trail mix with dried fruit  Water	Crackers with Cheese Cubes  Water	Veggies and dip  Water

EEK 2	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<b>AM SNACK</b> 	Raisin bran cereal  2% Milk	Apple Sauce with arrow root cookies  2% Milk	Lemon raspberry muffins  2% Milk	Surprise raspberry and cream cheese French toast grilled  2% Milk	Apple cinnamon Oatmeal  2% Milk
  <b>LUNCH</b>  	Meatball Subs served with fresh lettuce and cheese  Fresh Fruit  Water	Bandito's soup (Mexican-flavored cheese and chicken soup)  Fresh Fruit  Water	Veggie and chicken filled quesadillas served with crunchy potato salad  Fresh Fruit  Water	Chilly bow ties and tuna with peas (Mixed in a mayo dressing)  Fresh Fruit  Water	Cheesy polenta with a meat sauce served with broccoli salad  Fresh Fruit  Water
<b>PM SNACK</b> 	Hummus with mini crackers  Water	Raisin bran cookies with fresh fruit  Water	The Great apple and cheddar cheese wrap (served warm)  Water	Nachos with Spinach Dip  Water	Banana -berry smoothies served with graham crackers  Water

<b>WEEK 3</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>AM SNACK</b> 	Cheerios  2% Milk	Lemon Blueberry Muffins  2% Milk	raisin bran cookies with fresh fruit  2% Milk	Waffles with maple syrup  2% Milk	Buttered Cinnamon raisin toast  2% Milk
 <b>LUNCH</b> 	Turkey and peas hide-and-seek pasta  Fresh Fruit Water	Creamy chicken and rice soup served with toasted pita  Fresh Fruit Water	Sloppy Salsa Joes served on hamburger buns with fresh lettuce and cheese  Fresh Fruit Water	Pasta with tomato sauce Served with homemade coleslaw  Fresh Fruit Water	Champion chicken pockets (chicken, broccoli, shredded carrots, mixed in a mayo dressing, served in a pita)  Fresh Fruit Water
<b>PM SNACK</b> 	Apples and Cheese Cubes  Water	Chocolate pancakes and yogurt dip  Water	Pita with Baba ganush spread  Water	Milk Pudding with arrow root cookies  Water	Yogurt & Fruit  Water

<b>WEEK 4</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>AM SNACK</b> 	Raisin bran cereal  2% Milk	Banana Bread  2% Milk	Yogurt and fresh fruit  2% Milk	Oatmeal cookies with fresh fruit  2% Milk	Apple Sauce with Fresh Fruit  2% Milk
 <b>LUNCH</b> 	Lasagna layer tower (Soft Tortillas layered in a Beef cream sauce, corn and sprinkled with cheese)  Fresh Fruit  Water	Cheesy pea rice bake casserole served with mixed veggies  Fresh Fruit  Water	Broccoli soup served with crackers  Fresh Fruit  Water	Mini-pizzas served on English muffin with tomato sauce, marble cheese, served with carrots and celery on side with a ranch dip  Fresh Fruit  Water	Beef Tacos served with lettuce and cheese sour cream and salsa  Fresh Fruit  Water
<b>PM SNACK</b> 	Pita with Hummus Dip  Water	Luscious Lemon Triangles tarts  Water	Pea butter and banana roll ups  Water	Goldfish and Apples  Water	Galaxies swirls (Milk Pudding with vanilla yogurt) served with arrow root cookies  Water

