







WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK 	Oatmeal Muffins 2% Milk	Cereal 2% Milk	Waffles & Syrup 2% Milk	Cereal 2% Milk	Apple Cheese Tea Biscuits 2% Milk
 LUNCH 	Sausage Baked Beans & Potato Cakes Fresh Fruit Water	Tomato Soup & Cheese Sandwiches Fresh Fruit Water	Spaghetti & Meatballs in Tomato Sauce Fresh fruit Water	Chicken Vegetable & Rice Casserole Fresh fruit Water	Parmesan Penne Pasta Fresh fruit Water
PM SNACK 	Milk Pudding & Fruit Water	Whole Wheat Mini Pita's with Hummus Water	Apple Sauce & Graham crackers Water	Egg Salad on Crackers Water	Homemade Trail Mix Water

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK 	Bran Muffins 2% Milk	Cereal 2% Milk	Bagels & Cream Cheese 2% Milk	Cereal 2% Milk	Cinnamon Buns 2% Milk
 LUNCH 	Chicken & Cheese Quesadillas served with Veg & Dip Fresh Fruit Water	Fish Sticks, mashed potatoes & peas and corn Fresh Fruit Water	Beef Chili with rice Fresh Fruit Water	Pasta with Tomato cheese sauce Fresh Fruit Water	Chicken nuggets with carrot corn & black bean salad Fresh Fruit Water
PM SNACK 	Eves apple pudding Water	Yogurt & cookies Water	Vegetables & Dip Water	Homemade cookies with Fruit Water	Goldfish & Fruit Water

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK 	Cranberry muffins 2% Milk	Cereal 2% Milk	Pancakes & Syrup 2% Milk	Cereal 2% Milk	Toasted English Muffins 2% Milk
 LUNCH 	Perogies with onion & chicken bacon served with sour cream Fresh Fruit Water	Pizza with carrots & Dip Fresh Fruit Water	Macaroni & Cheese with Cauliflower Fresh Fruit Water	Shepherd's Pie & Corn Fresh Fruit Water	Grilled cheese sandwiches & cucumber slices Fresh Fruit Water
PM SNACK 	Chocolate Raisin Bran Cupcakes	Yogurt & Fruit Water	Pea Butter & Banana on Graham Crackers	Banana Muffins Water	Nachos & Salsa Water

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WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK 	Muffins 2% Milk	Cereal 2% Milk	Cheese Quesadillas with chicken bacon 2% Milk	Cereal 2% Milk	2% Milk
 LUNCH 	Egg & Cheese Fritata Fresh Fruit Water	Homemade Chicken noodle soup with buns Fresh Fruit Water	Bow tie pasta with creamed chicken and veg Fresh Fruit Water	Chicken Fried Rice Fresh Fruit Water	Cheese Dreams served with broccoli salad Fresh Fruit Water

<p>PM SNACK</p> 	<p>Spinach Dip & crackers</p> <p>Water</p>	<p>Jam & pea Butter Sandwiches</p> <p>Water</p>	<p>Tuna Salad on cucumber slices</p> <p>Water</p>	<p>Cubed cheese & apples</p> <p>Water</p>	<p>Oatmeal cranberry squares</p> <p>Water</p>
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