

# WEEK FOUR MENU



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal Banana Water or Milk	French Toast Pears Water or Milk	Cinnamon Toast Apple Water or Milk	Tea Biscuit Banana Water or Milk	Yogurt Apple Water or Milk
Lunch	Meatloaf with Egg Noodles Peas and Carrots Banana Milk	Penne Pasta with Chicken Tomato Basil Sauce Pears Milk	Lemon Fish on a bed of Rice Broccoli Banana Milk	Spaghetti & Meat Balls with Cheese Fresh Garden Salad Seasonal Fruits Milk	Meat Taco with Tomato, Lettuce and Cheese Banana Milk
Afternoon Snack	Fish Crackers and Mixed Fruits Water	Cereal Bar Banana Water	Mixed Veggies with Vegetable Dip Water	English Muffin, Cream Cheese and Apples Water	Cheese Cubes with Raisins and Banana Water

- ✓ Additional snack foods are available as needed (i.e. Crackers, fish crackers, digestive cookies, etc.)
- ✓ Daily snacks may consist of the following: waffles—a variety of breads—English muffins—assorted cereals—assorted bagels—croissants—yogurt
- ✓ Fresh fruit, milk and water are provided throughout the day