

WEEK ONE MENU



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Dry Cereal and Banana Water or Milk	Whole Wheat Toast and Apple Water or Milk	Yogurt and Bananas Water or Milk	Tea Biscuit and Apple Sauce Water or Milk	English Muffin and Apple Water or Milk
Lunch	Linguini with Meat Sauce Cucumber Seasonal Fruit Milk	Toasted Turkey Sandwich with Lettuce, Tomato and Cheese Apples Milk	Chicken Marinara with Egg Noodles Broccoli Bananas Milk	Spanish Rice with Ground Beef Cucumber Seasonal Fruits Milk	Cheese Pizza with Fries Cucumber Apple Milk
Afternoon Snack	Veggies with Dip and Soda Crackers Water	Fish Crackers and Seasonal Fruit Water	Tea Biscuits and Mixed Fruits Water	Jam & Cream Cheese Rolls and Apples Water	Cheese Cubes and Mixed Fruits 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