

# WEEK THREE MENU



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Pancake & Syrup Banana Water or Milk	Cereal Apple Water or Milk	English Muffin Apple Water or Milk	Toast and Butter Banana Water or Milk	Muffins Apple Water or Milk
Lunch	Pasta Al Forno with Chick Peas Peas & Carrots Seasonal Fruit Milk	Lemon Chicken Thighs with Rice Broccoli Apple Milk	BBQ Meatballs with Rice Peas Seasonal Fruit Milk	Chicken Fajita with Sweet Peppers, Lettuce and Tomatoes Pears Milk	Chicken Burger with Fries, Lettuce and Tomatoes Apple Milk
Afternoon Snack	Crackers with Cheese Cubes and Apples Water	Tea Biscuits and Fruit Salad Water	Trail Mix Banana Water	Cereal Bar Grapes Water	Yogurt with Graham Crackers and Raisins 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