

WEEK TWO MENU



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|--|--|---|--|---|
| Morning Snack | Whole Wheat Toast Banana Water or Milk | Bagel & Jam Apple Water or Milk | Yogurt Banana Water or Milk | Tea Biscuit Apple Sauce Water or Milk | Cinnamon Toast Apple Water or Milk |
| Lunch | Penne with Chicken Alfredo Sauce Apple Milk | Ground Beef with Rice Peas Seasonal Fruits Milk | Macaroni & Cheese Broccoli Pear Milk | Chicken Stir Fry with Egg Noodles Stir Fry Veggies Seasonal Fruits Milk | Meat Taco with Tomato, Lettuce & Cheese Banana Milk |
| Afternoon Snack | Jam & Cream Cheese Tortilla Roll Apples and Water | Tea Biscuits and Seasonal Fruits Water | Fish Crackers Mixed Fruits Water | Yogurt, Tea Biscuit 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