

# SAMPLE 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 Lettuce and Tomato Apples Milk	Chicken Drumsticks with Potato Wedges Broccoli Bananas Milk	BBQ Meatballs with Egg Noodles Peas Seasonal Fruits Milk	Chicken Burger with Fries Lettuce Mixed Fruits Milk
Afternoon Snack	Veggies with Dip and Soda Crackers Milk	Fish Crackers and Seasonal Fruit Milk	Tea Biscuits and Mixed Fruits Milk	Jam & Cream Cheese Rolls and Apples Milk	Cheese Cubes and Mixed Fruits Milk

- ✓ 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