



Weekly Menu #1

Day	Breakfast	Lunch	PM Snack
Monday	Cheese Toast, Fruit or Juice, Milk	Black Eyed Peas, Slaw, Cornbread, Fruit, Milk	Animal Crackers, Milk
Tuesday	Cereal, Fruit or Juice, Milk	Stew Beef, Rice, Peas Fruit, Milk	Ritz Crackers, Cheese, Water
Wednesday	Cereal, Fruit or Juice, Milk	Whole Wheat Turkey Pita, Lettuce, Tomato, Green Beans, Fruit, Milk	Whole Wheat Tortilla Chips, Milk
**Thursday	Raisin Bread/Cereal, Fruit or Juice, Milk	White Beans, Greens, Fruit, Corn Bread, Milk	Cheese Crackers, Milk
Friday	Cereal, Fruit or Juice, Milk	Spaghetti w/Ground Beef, Corn, Garlic Bread, Salad/Fruit, Milk	Applesauce, Graham Crackers, Water

◆ Thursdays are reserved as Manager's choice days. Menu is subject to change!

Weekly Menu #2

Day	Breakfast	Lunch	PM Snack
Monday	Biscuit & Butter, Fruit or Juice, Milk	Ham, Sweet Potatoes, Green Beans, Whole Wheat Roll, Milk	Goldfish, Milk
Tuesday	Cereal, Fruit or Juice, Milk	Chicken & Whole Wheat Noodles, Okra & Tomatoes, Fruit, Milk	String Cheese, Carrots, Water
Wednesday	Cereal, Fruit or Juice, Milk	Ground Turkey-n-Beans, Corn, Fruit Cocktail, Whole Wheat Roll, Milk	Ritz Crackers, Califlower, Water
**Thursday	Bagels/Cereal, Fruit or Juice, Milk	Tuna Salad on Whole Wheat Bread, Cooked Carrots, Orange Wedges, Milk	Yogurt, Goldfish, Water
Friday	Cereal, Fruit or Juice, Milk	Rainbow Bake w/Kidney Beans, Mixed Vegetables & Whole Wheat Noodles, Peaches, Milk	Teddy Grahams, Milk

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Weekly Menu #3

Day	Breakfast	Lunch	PM Snack
Monday	English Muffin, Fruit or Juice, Milk	Whole Wheat Turkey Pita, Lettuce, Creamed Corn, Fruit, Milk	Whole Wheat Tortilla Chips, Milk
Tuesday	Blueberry Muffins, Fruit or Juice, Milk	Grilled Cheese Sandwich on Whole Wheat Bread, Homemade Vegetable Soup, Pears, Milk	Graham Crackers, Milk
Wednesday	Cereal, Fruit or Juice, Milk	Salisbury Steak, Mashed Potatoes, Cooked Carrots, Whole Wheat Roll, Milk	Broccoli, Crackers, Water
**Thursday	Bagel/Cereal, Fruit or Juice, Milk	Chicken & Brown Rice, Green Beans, Apple Rings, Milk	Crackers, Cheese, Water
Friday	Cereal, Fruit or Juice, Milk	Black Bean Slider on Whole Wheat Bun, Red Taters, Pears, Milk	Edamame, Crackers, Water

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Weekly Menu #4

Day	Breakfast	Lunch	PM Snack
Monday	Waffles, Fruit or Juice, Milk	Chicken Strips, Green Beans, Grapefruit, Whole Wheat Roll, Milk	Ritz Crackers, Cheese, Water
Tuesday	Cereal, Fruit or Juice, Milk	Stew Beef, Brown Rice, Mixed Vegetables, Peaches, Milk	Vanilla Wafers, Milk
Wednesday	Cereal, Fruit or Juice, Milk	Tuna Salad Sandwich on Whole Wheat Bread, Peas, Mandarin Oranges/Pineapple, Milk	Bananas or Applesauce, Goldfish Crackers, Water
**Thursday	Raisin Bread/Cereal, Fruit or Juice, Milk	Ground Turkey Stroganoff, Okra, Tomatoes, Applesauce, Milk	Carrots and Dip, Whole Wheat Crackers, Water
Friday	Cereal, Fruit or Juice, Milk	Pintos, Corn Bread, Cabbage, Fruit Cocktail, Milk	Strawberries, Crackers, Water

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Weekly Menu #5

Day	Breakfast	Lunch	PM Snack
Monday	Pancakes, Fruit or Juice, Milk	Macaroni & Cheese, Stewed Tomatoes, Green Beans, Milk	String Cheese, Carrots, Water
Tuesday	Cereal, Fruit or Juice, Milk	Cheese Quesadilla, Beets, Apricots, Milk	Yogurt, Crackers, Water
Wednesday	Cereal, Fruit or Juice, Milk	Chicken Salad on Fresh Spinach, Mandarin Oranges, Whole Wheat Crackers, Milk	Melons in season or Fruit, Goldfish, Water
**Thursday	Bagels/Cereal, Fruit or Juice, Milk	Black Bean Slider on Whole Wheat Bun, Red Potatoes, Peas, Milk	Crackers, Cheese, Water
Friday	Cereal, Fruit or Juice Milk	Crowder Peas, Cooked Cabbage, Corn Bread, Fruit, Milk	Apple Wedges, Crackers, Water

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Weekly Menu #6

Day	Breakfast	Lunch	PM Snack
Monday	Cheese Toast, Fruit or Juice, Milk	BBQ Chicken on Whole Wheat Bun, Potato Medley, Apple Rings, Milk	Celery Sticks, Crackers, Water
Tuesday	Cereal, Fruit or Juice, Milk	Whole Grain Pizza w/Extra Cheese, Corn on Cob, Salad or Fruit, Milk	Graham Crackers, Milk
Wednesday	Cereal, Fruit or Juice, Milk	Cheeseburger Slider on Whole Wheat Bread, Sweet Potatoes French Fries, Pears, Milk	Melons in season or Applesauce, Goldfish, Water
**Thursday	Bagels/Cereal, Fruit or Juice, Milk	Turkey and Cheese Wrap, Broccoli, Slaw, Fruit, Milk	Crackers, Fruit, Water
Friday	Cereal, Fruit or Juice, Milk	Turkey & Brown Rice Pilaf, California Blend Vegetables, Peaches, Milk	Animals Crackers, Milk

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Weekly Menu #7

Day	Breakfast	Lunch	PM Snack
Monday	English Muffin , Fruit or Juice, Milk	Pintos, Corn Bread, Cabbage, Fruit Cocktail, Milk	Teddy Grahams, Juice
Tuesday	Cereal, Fruit or Juice, Milk	Baked Fish, Slaw, Succotash, Whole Wheat Roll, Milk	Cheese Crackers, Milk
Wednesday	Cereal, Fruit or Juice, Milk	Soft-shell taco w/Black Bean, Corn & Cheese, Lettuce, Tomato, Peaches, Milk	Orange Wedges, Goldfish, Water
**Thursday	Raisin Bread/Cereal, Fruit or Juice, Milk	Chicken & Whole Wheat Noodles, Peas, Carrots, Whole Wheat Roll, Milk	Yogurt, Cheez-it Crackers, Water
Friday	Cereal, Fruit or Juice, Milk	White Beans, Greens, Fruit, Corn Bread, Milk	Applesauce/Sweet Potato Blend, Crackers, Water

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Weekly Menu #8

Day	Breakfast	Lunch	PM Snack
Monday	Waffles, Fruit or Juice, Milk	Vegetable Tuna Melt on Whole Wheat Bread, French Style Green Beans, Milk	Cubed Cheese, Whole Wheat Crackers, Water
Tuesday	Cereal, Fruit or Juice, Milk	Chicken Salad on Fresh Spinach, Whole Wheat Crackers, Mandarin Oranges, Milk	Fruit, Crackers, Water
Wednesday	Cereal, Fruit or Juice, Milk	Ham/Turkey Bacon Sub on Whole Wheat, Corn on Cob, Cooked Apples, Milk	Animal Crackers, Milk
**Thursday	Bagels/Cereal, Fruit or Juice, Milk	Baked Fish, Slaw, Apricots, Whole Wheat Roll, Milk	Goldfish, Juice
Friday	Cereal, Fruit or Juice, Milk	Ziti w/Ground Turkey, Salad, Corn, Garlic Bread, Apricots, Milk	Edamame, Crackers, Water

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