

Sample Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			1	2 B: Waffles and eggs with ham S: Jello with oranges, pretzels L: Sliders, tater tots, and corn S: Blueberry bread	3 B: Cereal and Bananas S: Mandarin oranges and animal crackers L: English muffin pizza pepperoni, salad, and carrots S: Apples and rice cakes	4	
5	6 B: Cereal and Bananas S: Peach Yogurt with granola L: Mini chicken pops, sweet potato fries, and green beans S: Grapes and pretzels	7 B: Pancakes and Sausage S: Peaches and Cheese Crackers L: Ham and Cheese Sandwiches, Tomato Soup, and chips S: Apples and veggie straws	8 B: French Toast and Eggs S: Apple Sauce and graham crackers L: Spaghetti Meat Balls, Bread, and Corn S: Cheese Sticks and Ritz crackers	9 B: Oatmeal and Peaches S: Vanilla pudding with bananas and pretzels L: Loaded Chili with cheese/veggies and cornbread S: Pumpkin Bread	10 B: Cereal and Bananas S: Mandarin oranges and pretzels L: Hawaiian Pizza, Salad, and carrots S: Apples and ricecake crisps	11	
12	13 B: Cereal and Bananas S: Strawberry yogurt with granola L: Chicken nuggets, fries, and green beans S: Grapes and pretzels	14 B: Pancakes and Bacon S: Pears and Chicken Crackers L: French Dip Sandwiches, chips, and carrots S: Apples and wheat thins	15 B: Bagels with cream cheese and Eggs S: Apple Sauce and Vanilla Wafers L: Chicken Alfredo, Broccoli S: Cheese Sticks and Club crackers	16 B: Waffles and eggs with ham S: Raspberry jello with blueberries and pretzels L: Ground Beef Tacos, Rice, and Black Beans S: Banana Bread	17 B: Cereal and Bananas S: Mandarin oranges and animal crackers L: Pepperoni Pizza Rolls, Salad, carrots, and peas S: Apples and ricecakes	18	
19	20 B: Cereal and Bananas S: Vanilla yogurt with granola L: chicken Taquitos, rice, and pinto beans S: Grapes and pretzels	21 B: Pancakes and Sausage S: Peaches and White cheddar crackers L: Turkey and Swiss Sandwiches, chips, and carrots S: Apples and veggie straws	22 B: French toast Sticks, eggs, and ham S: Apple Sauce and graham crackers L: Macaroni with Ham, broccoli, and bread S: Cheese Sticks and Ritz crackers	23 B: Oatmeal and Strawberries S: Chocolate pudding, strawberries, and pretzels L: Lasagna, corn, and bread S: Applesauce Bread	24 B: Cereal and Bananas S: Mandarin oranges and pretzels L: Mexican pizza, rice refried beans, vegetable mix S: Apples and rice cake crisps	25	
26	27 B: Cereal and Bananas S: Strawberry Banana yogurt with granola L: Mini Chicken Pops, sweet potato fries, and green beans S: Grapes and pretzels	28 B: Pancakes and Bacon S: Pears and Chicken Crackers L: Meatballs Sandwiches, chips, and carrots S: Apples and wheat thins	29 B: Bagels with cream cheese and eggs S: Apples Sauce and Vanilla Wafers L: Hamburger helper, corn, and bread S: Cheese sticks and Club crackers	30 B: Waffles and eggs with ham S: Strawberry jello with bananas and pretzels L: Cheese burgers, tater tots, and carrot sticks S: Chocolate Chip Banana Bread	31 B: Cereal and Bananas S: Mandarin oranges and animal crackers L: Pepperoni pizza with salad, peas, and carrots S: Apples and rice cakes		
		Notes:					
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