



WEEK 1



WEEK 2



WEEK 3



WEEK 4



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 Morning Break	small muffin, yogurt, applesauce	½-1 cup dry cereal, milk, raisins	½ bagel with cheese, orange juice	½ chicken sandwich, milk, banana	½ english muffin with ham and cheese, clementine
Afternoon Break	½ cheese sandwich, broccoli & dip, fruit juice, oatmeal cookies	2 mini pitas with egg salad, carrot sticks & dip, milk pudding, water	½ bagel with cheese, red peppers & dip, plum	chicken noodle soup, soda crackers, yogurt, grapes	1 slice veggie pizza cucumbers & dip, pear, chocolate milk
WEEK 2 Morning Break	2 blueberry pancakes, orange sections, milk	tomato soup made with milk, whole grain crackers, kiwi pieces	½ ham sandwich, applesauce, water	whole grain crackers, cheese cubes, pineapple chunks, water	dry cereal with dried cranberries, yogurt
Afternoon Break	pasta salad with mozzarella cheese, pepper & dip, juice	small muffin, celery & dip, fruit cup, milk	½ ham sandwich, carrot sticks & dip, fig bars, milk	split pea soup, 1 slice whole wheat bread, milk pudding, peach	cheese tortilla with salsa dip, green grapes, animal crackers, water
WEEK 3 Morning Break	4 graham crackers with cream cheese, fruit cup	muffin, banana, milk	raisin bread with butter, yogurt, orange juice	mini pitas with grated cheese, kiwi, water	pumpkin loaf, yogurt tube, apple juice
Afternoon Break	½ roast beef sandwich, carrots & dip, plum, milk	bean salad with mini pitas, apple, date square, water	left over chili, whole wheat roll, pear, milk	tuna wrap, cauliflower & dip, peach, chocolate milk	macaroni & cheese, peppers & dip, grapes, water
WEEK 4 Morning Break	1 slice banana bread, dried apricots, cheese cubes	hot chocolate made with milk, 1 slice whole wheat bread with jam, banana	raisin bread with cheese slice, juice	dry cereal, peach, yogurt	muffin, pear, milk
Afternoon Break	salmon wrap, celery sticks & dip, applesauce, chocolate milk	mini pitas with corned beef, tossed salad (dressing on the side), milk pudding, water	baked beans with shredded cheese, whole wheat bread, baby carrots & dip, ice water	hummus, pita triangles, cucumbers, tomato wedges, milk	cheese cubes, ham slices, whole grain crackers, rice krispie square, juice