

WEEKLY BREAKFAST MENU

Monday

Yogurt with granola packet

Juice cup

Milk

Tuesday

Whole grain donuts/chocolate or powdered

Juicy orange wedges

Milk

Wednesday

Bowl of whole grain cereal

Ripe Banana

Milk

Thursday

1-Whole grain cinnamon Pop Tart

Fresh apple slices with peanut butter dip

Milk

Friday

Breakfast cereal bar

Healthy banana

Milk

WEEKLY LUNCH MENU

Monday

Pasta salad

Cheez-its

Strawberry cup

Milk

Tuesday

Chef salad with mixed greens, diced ham,
cheese, tomatoes, cucumbers

Goldfish crackers and salad dressing choice

Fruit juice box

Milk

Wednesday

Turkey wrap with cheese & lettuce

Grape tomatoes & baby carrots with ranch dip

Chocolate chip cookie

Milk

Thursday

Ham & cheese sub with Pickle slices

Bag of pretzels

Whole Apple

Milk

Friday

PB&J Jammers and a string cheese stick

Grapes tomatoes & baby carrots with ranch dip

Frozen fruit "sidekicks"

Milk