

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

Applejack cereal
Organic-Bananas
Milk



Breakfast

Toaster strudels
FF-Pears
Milk

Breakfast

Biscuits w/jelly
FF-Strawberries
Milk

Breakfast

Raisins Cinn. Swirl
toast
Organic-
Blueberries
Milk

Breakfast

Oatmeal
W/NF-Granola
Craisins
Milk

Lunch

NF-PB&J
WW-Bread
Mixed vegetables
Pineapple
Milk

Lunch

BBq Meatballs
Mashed potatoes
SF-Applesauce
Milk

Lunch

Four cheese ravioli
Corn
Warm Cinn. &-
sugar apples
Milk

Lunch

Blackened chicken-
alfredo
Organic- Peas
Tropical fruit
Milk

Lunch

Sloppy Joes
w/ground turkey
Organic- Green
beans
FF-Mandarin
oranges
Milk

Snack

Goldfish
Peaches
Water

Snack

Pretzel crisps
Fruit Snacks
Water

Snack

Apple nutra grain-
fruit bar
Raisins
Water

Snack

Sliced apples &
caramel dip
Pretzel crisp
Water

Snack

Apple Cinn. Straws
FF-Red grapes
Water

Pm. Snack

Chex mix

Pm. Snack

Saltines

Pm. Snack

Graham crackers

Pm. Snack

Pretzels

Pm. Snack

Animal crackers

Menu Guide:

Organic

WG-Whole Grain

SF-Sugar Free

LF-Low Fat

FF-Fresh Fruit

WW-Whole Wheat

UN-Unsweetened

NF-Nut Free (Peanut free)

FV-Fresh Vegetable

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