

Weekly Menu  
Week 1

	Breakfast	Lunch	Snack
Monday	Cheerios, bananas, and milk	Grilled ham and cheese sandwiches on wheat, tropical fruit, green beans, and milk	Yogurt, orange slices, and water
Tuesday	Muffins, mixed fruit, and milk	Chicken nuggets, mashed potatoes, peaches, and milk	Cheese, Ritz crackers, and water
Wednesday	Waffles with syrup, applesauce, and milk	Hamburgers, mixed fruit, tater tots, and milk	Bagels with cream cheese, pineapple, and water
Thursday	Oatmeal, orange slices, and milk	Beef burritos with cheese and flour tortillas, pinto beans, cinnamon apples, and milk	Soft pretzels with cheese and milk
Friday	Cinnamon wheat toast, pineapples, and milk	Cheese pizza, mandarin oranges, peas, and milk	Club crackers, pears, and water

Weekly Menu  
Week 2

	Breakfast	Lunch	Snack
Monday	Life cereal, bananas, and milk	Pasta with chicken alfredo sauce, broccoli, tropical fruit, and milk	Rice Krispy treats, apple slices, and water
Tuesday	Biscuits and gravy, pineapples, and milk	Eggs with ham and cheese, wheat toast, tater tots, orange slices, and milk	Wheat cinnamon toast, pears, and water
Wednesday	Pancakes, apple slices, and milk	Chili frito pie (with beef, beans, and cheese), peaches, and milk	Cookies and milk
Thursday	Wheat toast with jelly, orange slices, and milk	Soft tacos (flour tortillas with chicken, lettuce, and cheese), pinto beans, mixed fruit, and milk	Ritz crackers, mozzarella string cheese, and water
Friday	Cream of wheat, tropical fruit, and milk	Turkey and cheese sandwiches on wheat bread, mandarin oranges, carrots, and milk	Breadsticks with marinara sauce, pears, and water

Weekly Menus  
Week 3

	Breakfast	Lunch	Snack
Monday	Frosted Flakes, bananas, and milk	Steak fingers, mashed potatoes, unsweetened applesauce, dinner rolls, and milk	Wheat toast, pineapples, and water
Tuesday	Biscuits with jelly, bananas, and milk	Baked potatoes with ham and cheese, dinner rolls, unsweetened applesauce, and milk	Animal crackers, orange slices, and water
Wednesday	French toast sticks with syrup, tropical fruit, and milk	Chicken noodle soup with crackers, green beans, cinnamon apples, and milk	Cheese and crackers with water
Thursday	English muffins with jelly, mixed fruit, and milk	Macaroni and cheese with ham, pears, peas, and milk	Graham crackers, orange slices, and water
Friday	Breakfast pizza, apple slices, and milk	All-meat hot dogs, tater tots, mixed fruit, and milk	Cheerios, pears, and milk

Weekly Menu  
Week 4

	Breakfast	Lunch	Snack
Monday	Rice Krispies, bananas, and milk	Spaghetti with meat sauce, breadsticks, peas, pineapples, and milk	Cheese tater tots, applesauce, and water
Tuesday	Bagels with cream cheese, pears, and milk	Beans and franks, green beans, unsweetened applesauce, dinner rolls, and milk	Carrots with ranch dressing, club crackers, and water
Wednesday	English muffin with butter and jelly, tropical fruit, and milk	Ham and cheese sandwiches on wheat bread, green beans, tropical fruit, and milk	Cookies and milk
Thursday	Wheat toast with butter and jelly, peaches, and milk	Sausage biscuits with cheese, fruit cocktail, tater tots, and milk	Muffins, apple wedges, and water
Friday	Cinnamon biscuits, orange slices, and milk	Soft tacos (with flour tortillas, ground beef, lettuce, and cheese), grapes, pinto beans, and milk	Mini-bagel pizzas with marinara and mozzarella cheese, pineapples, and water