



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	5	6	7	8	9
AM Snack	Nutrigrain bar & Milk	Applesauce & Crackers	Toast w/ Jelly & Fruit	Cereal w/ Milk	Muffins & Orange Juice
Lunch	Marinara Pasta w/ Fruit and Salad	Grilled Cheese w/ Fruit & Veggies	Creamy Veggie Pasta w/ Fruit	Bean & Cheese Quesadilla w/ Fruit & Veggies	Turkey Sanwiches w/ Fruit & Veggies
PM Snack	Sweet Potato Crackers w/Cucumbers	Pita & Hummus	Cheez Itz & Juice	Warm Pretzels & Cheese	Celery w/ Ranch & Juice
Ext. Snack	Pineapples & Cottage Cheese	Sweet Potato Crackers & Juice	Pita & Hummus	Cheez Itz & Juice	Warm Pretzels & Cheese
	12	13	14	15	16
AM Snack	Pancakes & Turkey Sausage	Pineapples & Cottage Cheese	Apples & Crackers	Yogurt & Granola	Applesauce & Graham Crackers
Lunch	Chicken w/ Stuffing & Carrots	Stroganoff, Veggies & Fruit	Party Day! NO LUNCH PROVIDED	Beef & Cheese Soft Taco w/ Fiesta Beans	Spaghetti w/ Meat Sauce & Veggies
PM Snack	Turkey Slices & Crackers	Rice Cakes & Sunflower Butter	Wheat Thins & Cheese Cubes	Nilla Wafers & Milk	Ritz Crackers & Pepperoni
Ext. Snack	Celery w/ Ranch & Juice	Turkey Slices & Crackers	Rice Cakes & Sunflower Butter	Wheat Thins & Cheese Cubes	Nilla Wafers & Milk
	19	20	21	22	23
AM Snack		Pineapples & Cottage Cheese	Fig Bar & Milk	Oatmeal & Fruit	Cereal & Milk
Lunch	NO SCHOOL	Veggie Lasagna w/ Fruit	Chicken Salad w/ Fruit	Goulash w/ Veggies & Garlic Bread	Pita Pizza w/ Fruit & Veggies
PM Snack		Cheez Itz & Juice	Rice Cakes & Cream Cheese	Cucumbers w/ Ranch & Juice	PuffCorn w/ Juice
Ext. Snack		Rice Cakes & Cream Cheese	Cheez Itz & Juice	Pita & Hummus	Cucumbers w/ Ranch & Juice
	26	27	28	29	1
AM Snack	Bagels w/ Cream Cheese	Oat Bar & Orange Juice	Cereal w/ Milk	Yogurt & Granola	Biscuits w/ Jelly & Fruit
Lunch	Beefy Nacho Pasta w/ Fruit	BBQ Chicken w/ Stuffing & Veggies	Pesto Rice w/ Fruit & Veggies	Creamy Chicken Pot Pie Soup w/Fruit	Chicken Nuggets w/ Veggies & Baked Beans
PM Snack	Nutrigrain Bar & Milk	Goldfish & Fruit	Celery w/ Ranch & Juice	Pita & Hummus	Fruit & Crackers
Ext. Snack	Fruit & Crackers	Nutrigrain Bars & Milk	Goldfish & Fruit	Celery w/ Ranch & Juice	Pita & Hummus