

# Menu

## Week One

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mini Breakfast</b>  Milk/water French Toast	<b>Mini Breakfast</b>  Milk/water Oatmeal	<b>Mini Breakfast</b>  Milk/water Tea biscuits	<b>Mini Breakfast</b>  Milk/water Cream of Wheat	<b>Mini Breakfast</b>  Milk/water Cold cereal
<b>Lunch</b>  Milk/water  Raw vegetables  Homemade fish chowder  Cheese biscuits  Fruit	<b>Lunch</b>  Milk/water  Coleslaw  Pancakes & Sausage  Fruit	<b>Lunch</b>  Milk/water  Pickles  Grilled cheese sandwiches  Soup  Fruit	<b>Lunch</b>  Milk/water  Raw Vegetables  Unstuffed beef cabbage Rice Corn  Fresh bread  Fruit	<b>Lunch</b>  Milk/water  Raw Vegetables  Chicken wieners & Bean stew  Fresh Bread  Fruit
<b>Snack</b> Water  Blueberry Muffins Fruit	<b>Snack</b> Water  Zucchini bread Fruit	<b>Snack</b> Water  Banana muffin Fruit	<b>Snack</b> Water  Hummus & Pitas	<b>Snack</b> Water  Applesauce & Melba toast

## Menu

### Week Two

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Mini Breakfast Milk/water Cream of Wheat	Mini Breakfast Milk/water Muffins	Mini Breakfast Milk/water Bagels	Mini Breakfast Milk/water Oatmeal	Mini Breakfast Milk/water Cold cereal
Lunch Milk/water Raw Vegetables Beef Stroganoff Steamed green beans Dinner rolls Fruit	Lunch Milk/water Tossed Salad Scrambled eggs Home fries Toast Fruit	Lunch Milk/water Raw vegetables Salisbury steak/gravy Potatoes, Cooked vegetables Bread Fruit	Lunch Milk/water Coleslaw Fish with mango chutney Rice Bread Fruit	Lunch Milk/water Raw vegetables Spaghetti with turkey bacon in red sauce Dinner rolls Fruit
Snack Water Veggies & Dip	Snack Water Bean brownies Fruit	Snack Water Lemon loaf Fruit	Snack Water Apple loaf & Fruit	Snack Water Cheese & crackers Fruit

# Menu

## Week Three

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Mini Breakfast</b>  Milk/water Toast	<b>Mini Breakfast</b>  Milk/water Cream of Wheat	<b>Mini Breakfast</b>  Milk/water Yogurt	<b>Mini Breakfast</b>  Milk/water Oatmeal	<b>Mini Breakfast</b>  Milk/water Cold cereal
<b>Lunch</b>  Milk/water  Raw vegetables  Chili con carne Rice  Pita  Fruit	<b>Lunch</b>  Milk/water  Raw vegetables  White fish & noodle casserole Mixed veggies Breadsticks  Fruit	<b>Lunch</b>  Milk/water  Tossed salad  Vegetarian lasagna Green beans  Dinner rolls  Fruit	<b>Lunch</b>  Milk/water  Raw vegetables  Breaded Chicken, Quinoa & Rice Bean salad  Bread  Fruit	<b>Lunch</b>  Milk/water  Raw vegetables  Lentil & vegetable soup  Bread  Fruit
<b>Snack</b> Water  Carrot Muffin Fruit	<b>Snack</b> Water  Corn Bread & Fruit	<b>Snack</b> Water  Homemade oatmeal cookies & Fruit	<b>Snack</b> Water  Scones & Fruit	<b>Snack</b> Water  Hummus & Pita

## Menu

### Week Four

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Mini Breakfast</b>  Milk/water Cream of Wheat	<b>Mini Breakfast</b>  Milk/water Oatmeal	<b>Mini Breakfast</b>  Milk/water Bagels	<b>Mini Breakfast</b>  Milk/water English muffins	<b>Mini Breakfast</b>  Milk/water Cold cereal
<b>Lunch</b> Milk/water  Raw vegetables  Potato & turkey bacon soup  Crackers  Fruit	<b>Lunch</b> Milk/water  Raw vegetables  Macaroni & cheese Steamed vegetables  Bread Sticks  Fruit	<b>Lunch</b> Milk/water  Raw vegetables  Chicken cacciatore Bean medley  Bread  Fruit	<b>Lunch</b> Milk/water  Raw vegetables  Stewed hamburger Mashed potatoes Couscous salad, bread  Fruit	<b>Lunch</b> Milk/water  Raw vegetables  Vegetable bean stew with quinoa & rice  Bread  Fruit
<b>Snack</b> Water  Bean brownies Fruit	<b>Snack</b> Water  Veggies & Dip	<b>Snack</b> Water  Muffins & Fruit	<b>Snack</b> Water  Banana loaf Fruit	<b>Snack</b> Water  Ritz crackers & cheese  Fruit