


WEEK


1



	A.M.	Lunch	P.M.
WEEK 1			
Monday	Oranges with Whole Wheat Crackers and Cheddar Cheese Milk	Macaroni and Cheddar Cheese Sauce with Chicken and Mixed Veggie Milk	Plain Yogurt with Mixed Berries and Granola Water
Tuesday	Puffed whole wheat with Milk and Banana Milk	Homemade Vegetable and rice soup with Whole Wheat Crackers Milk	Homemade Banana Bread with Pears Water
Wednesday	Homemade Whole Wheat Mixed Berry Squares Honeydew Melon Milk	Rigatoni with Meatballs and Tomatoes Sauce Milk	Apple Slices with Cheese cubes (Apple Sauce for Babies) Water
Thursday	Cinnamon Applesauce Muffins Milk	Grilled Cheese Sandwiches with Cucumber slices Milk	Pita Chips with Veggie Dip Water
Friday	Unsweetened Apple Sauce and toast Milk	Vegetable Chilli Milk	Oatmeal Raisin Cookies with Orange slices Water

WEEK 2



	A.M.	Lunch	P.M.
WEEK 2			
Monday	Cooked Oatmeal with Mixed Berries Milk	Mushroom Rice with Italian style meatballs and Mixed Veggies Milk	Trail Mix Water
Tuesday	Beans and Toast Milk	Tator Tot Casserole with mixed veggies Milk	Watermelon and Feta Cheese Salad with Mixed Berry Squares Water
Wednesday	Bananas and Soy Butter Roll ups Milk	Cheddar and Potato Perogies, garlic Sausage served with Mixed Veggie Milk	Homemade Whole Wheat Zucchini, Carrot, apple and Raisin Loaf served with Water
Thursday	Monkey Pudding (Banana, Homemade Apple sauce, plain Yogurt) Milk	Turkey Pepperoni Pita Pizzas Carrot Sticks Milk	Pita chips with Vegetable Dip Water
Friday	Pancakes with Mixed Berry Fruit Topping Milk	Vegetable Noodle Soup with Whole Wheat Crackers Milk	Rice Pudding with Raisins Water