



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM SNACK</b> 	Yogurt with Bananas & Honey  Fruit  Milk	Scrambled Eggs & Hashbrowns  Fruit  Milk	Cereal  Fruit  Milk	Whole Wheat Toast & Jam  Fruit  Milk	French Toast & Syrup  Fruit  Milk
 <b>LUNCH</b> 	Pasta Al Forno  Fruit  Water or Milk	Chicken & Rice Soup with Crackers  Fruit  Water or Milk	Beef Stroganoff  Fruit  Water or Milk	Thai Chicken Curry over Rice  Fruit  Water or Milk	Sloppy Joes with Veggie Sticks  Fruit  Water or Milk
<b>PM SNACK</b> 	Fresh Bean Dip & Corn Chips  Fruit  Water	Freshly Baked Loaf  Fruit  Water	Pudding with Fresh Berries  Fruit  Water	Pitas & Creamy Dip  Fruit  Water	Apple Sauce & Gold Fish Crackers  Fruit  Water

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM SNACK</b> 	Bagels with Cream Cheese  Fruit  Milk	Cereal  Fruit  Milk	Freshly Baked Muffins  Fruit  Milk	Toasted English Muffins with Jam  Fruit  Milk	Waffles & Syrup  Fruit  Milk
 <b>LUNCH</b> 	Chef`s Soup of the Day with Dinner Roll  Fruit  Water or Milk	Chicken Quinoa Stir Fry  Fruit  Water or Milk	Hearty Chilli with Garlic Toast  Fruit  Water or Milk	Chicken Parmesan & Pasta  Fruit  Water or Milk	Perogies with Turkey Bacon & Sour Cream  Fruit  Water or Milk
<b>PM SNACK</b> 	Meat & Cheese Pinwheels  Fruit  Water	Pea Butter & Jam Sandwiches  Fruit  Water	Homemade Granola Bars  Fruit  Water	Yogurt Parfait  Fruit  Water	Crackers & Cheese  Fruit  Water

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p data-bbox="115 354 247 440"><b>AM SNACK</b></p> 	<p data-bbox="415 342 520 375">Cereal</p> <p data-bbox="426 488 510 521">Fruit</p> <p data-bbox="432 581 504 613">Milk</p>	<p data-bbox="667 342 947 375">Yogurt &amp; Berries</p> <p data-bbox="762 488 846 521">Fruit</p> <p data-bbox="768 581 840 613">Milk</p>	<p data-bbox="999 342 1293 423">Scrambled Eggs &amp; Toast</p> <p data-bbox="1098 488 1182 521">Fruit</p> <p data-bbox="1104 581 1176 613">Milk</p>	<p data-bbox="1339 342 1625 375">Pancakes &amp; Syrup</p> <p data-bbox="1438 488 1522 521">Fruit</p> <p data-bbox="1444 581 1516 613">Milk</p>	<p data-bbox="1709 342 1934 423">Whole Wheat Toast &amp; Jam</p> <p data-bbox="1778 488 1862 521">Fruit</p> <p data-bbox="1785 581 1856 613">Milk</p>
 <p data-bbox="115 906 247 938"><b>LUNCH</b></p> 	<p data-bbox="342 748 600 829">Spinach Pesto &amp; Chicken Pasta</p> <p data-bbox="432 943 510 976">Fruit</p> <p data-bbox="354 1084 585 1117">Water or Milk</p>	<p data-bbox="720 756 909 837">Panini Sandwiches</p> <p data-bbox="768 943 846 976">Fruit</p> <p data-bbox="693 1084 924 1117">Water or Milk</p>	<p data-bbox="989 748 1304 878">Homemade Meatloaf &amp; Mashed Potatoes</p> <p data-bbox="1098 984 1182 1016">Fruit</p> <p data-bbox="1029 1084 1260 1117">Water or Milk</p>	<p data-bbox="1352 756 1614 837">Chicken Alfredo Pasta</p> <p data-bbox="1438 943 1522 976">Fruit</p> <p data-bbox="1369 1084 1600 1117">Water or Milk</p>	<p data-bbox="1673 756 1969 837">Assorted Pizzas &amp; Veggie Sticks</p> <p data-bbox="1782 943 1866 976">Fruit</p> <p data-bbox="1705 1084 1936 1117">Water or Milk</p>

<b>PM SNACK</b> 	Homemade Cookies	Hummus & Pitas	Trail Mix	Homemade Scones	Apple Slices with Yogurt Dip
	Fruit	Fruit	Fruit	Fruit	Fruit
	Water	Water	Water	Water	Fruit  Water

<b>WEEK 2</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>AM SNACK</b> 	Waffles & Syrup	Bagels with Pea Butter & Jam	Freshly Baked Muffins	Cereal	Raisin Toast
	Fruit	Fruit	Fruit	Fruit	Fruit
	Milk	Milk	Milk	Milk	Milk

 <p><b>LUNCH</b></p> 	<p>Chef's Soup of the Day with Dinner Roll</p> <p>Fruit</p> <p>Water or Milk</p>	<p>Spanish Rice Casserole</p> <p>Fruit</p> <p>Water or Milk</p>	<p>Chicken Lo Mein</p> <p>Fruit</p> <p>Water or Milk</p>	<p>Pasta Bolognese</p> <p>Fruit</p> <p>Water or Milk</p>	<p>Homemade Chicken Tenders &amp; Fries</p> <p>Fruit</p> <p>Water or Milk</p>
<p><b>PM SNACK</b></p> 	<p>Egg &amp; Tuna Salad Sandwiches</p> <p>Fruit</p> <p>Water</p>	<p>Homemade Cheese Biscuits</p> <p>Fruit</p> <p>Water</p>	<p>Veggie Sticks &amp; Dip</p> <p>Fruit</p> <p>Water</p>	<p>Rice Krispie Squares</p> <p>Fruit</p> <p>Water</p>	<p>Crackers &amp; Cheese</p> <p>Fruit</p> <p>Water</p>