







| WEEK 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| <p data-bbox="115 300 247 381">AM SNACK</p>  | <p data-bbox="420 284 520 316">Cereal</p> <p data-bbox="430 430 510 462">Fruit</p> <p data-bbox="430 527 510 560">Milk</p> | <p data-bbox="672 259 945 349">Yogurt with Bananas & Honey</p> <p data-bbox="766 454 850 487">Fruit</p> <p data-bbox="766 552 850 584">Milk</p> | <p data-bbox="1008 284 1281 316">Waffles & Syrup</p> <p data-bbox="1102 430 1186 462">Fruit</p> <p data-bbox="1102 527 1186 560">Milk</p> | <p data-bbox="1344 284 1627 365">Scrambled Eggs & Hashbrowns</p> <p data-bbox="1438 430 1522 462">Fruit</p> <p data-bbox="1438 527 1522 560">Milk</p> | <p data-bbox="1690 259 1953 341">Bagels with Pea Butter & Jam</p> <p data-bbox="1785 454 1869 487">Fruit</p> <p data-bbox="1785 552 1869 584">Milk</p> |
|  <p data-bbox="115 876 247 909">LUNCH</p>  | <p data-bbox="336 722 598 803">Spinach Pesto & Chicken Pasta</p> <p data-bbox="430 868 510 901">Fruit</p> <p data-bbox="346 1015 588 1047">Water or Milk</p> | <p data-bbox="651 722 955 755">Meatball Parm Sub</p> <p data-bbox="766 868 850 901">Fruit</p> <p data-bbox="682 1015 924 1047">Water or Milk</p> | <p data-bbox="1018 722 1270 755">Chicken Wraps</p> <p data-bbox="1102 868 1186 901">Fruit</p> <p data-bbox="1018 1015 1270 1047">Water or Milk</p> | <p data-bbox="1396 722 1575 755">Taco Salad</p> <p data-bbox="1438 868 1522 901">Fruit</p> <p data-bbox="1365 1015 1606 1047">Water or Milk</p> | <p data-bbox="1669 722 1974 803">Assorted Pizzas with Veggie Sticks</p> <p data-bbox="1785 868 1869 901">Fruit</p> <p data-bbox="1701 1015 1942 1047">Water or Milk</p> |

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| <p>PM SNACK</p>  | <p>Homemade Cookies</p> <p>Fruit</p> <p>Water</p> | <p>Trail Mix</p> <p>Fruit</p> <p>Water</p> | <p>Chef's Snack of Choice</p>  <p>Fruit</p> <p>Water</p> | <p>Cucumber & Cream Cheese Sandwiches</p> <p>Fruit</p> <p>Water</p> | <p>Fruit Salad with Fish Crackers</p> <p>Fruit</p> <p>Water</p> |
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| <p>WEEK 2</p> | <p>MONDAY</p> | <p>TUESDAY</p> | <p>WEDNESDAY</p> | <p>THURSDAY</p> | <p>FRIDAY</p> |
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| <p>AM SNACK</p>  | <p>Whole Wheat Toast with Jam</p> <p>Fruit</p> <p>Milk</p> | <p>Cereal</p> <p>Fruit</p> <p>Milk</p> | <p>Freshly Baked Muffins</p> <p>Fruit</p> <p>Milk</p> | <p>Pancakes & Sausages</p> <p>Fruit</p> <p>Milk</p> | <p>Raisin Toast</p> <p>Fruit</p> <p>Milk</p> |

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|  LUNCH  | <p>Burrito Bowl</p> <p>Fruit</p> <p>Water or Milk</p> | <p>BBQ Chicken with Potato Wedges</p> <p>Fruit</p> <p>Water or Milk</p> | <p>Pasta Bolognese</p> <p>Fruit</p> <p>Water or Milk</p> | <p>Cobb Salad with Turkey Bacon</p> <p>Fruit</p> <p>Water or Milk</p> | <p>Chef's Special</p>  <p>Fruit</p> <p>Water or Milk</p> |
| <p>PM SNACK</p>  | <p>Homemade Cheese Biscuits</p> <p>Fruit</p> <p>Water</p> | <p>Homemade Cornbread</p> <p>Fruit</p> <p>Water</p> | <p>Pitas & Dip</p> <p>Fruit</p> <p>Water</p> | <p>Pea Butter & Jam Sandwiches</p> <p>Fruit</p> <p>Water</p> | <p>Fruit Smoothies with Arrowroot Cookies</p> <p>Fruit</p> <p>Water</p> |

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| <p>WEEK</p> <p>3</p> | <p>MONDAY</p> | <p>TUESDAY</p> | <p>WEDNESDAY</p> | <p>THURSDAY</p> | <p>FRIDAY</p> |
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| <p>AM SNACK</p>  | <p>Toasted English Muffins with Jam</p> <p>Fruit</p> <p>Milk</p> | <p>Homemade Frittata</p> <p>Fruit</p> <p>Milk</p> | <p>Cereal</p> <p>Fruit</p> <p>Milk</p> | <p>Chef's Breakfast of Choice</p>  <p>Fruit</p> <p>Milk</p> | <p>Waffles & Syrup</p> <p>Fruit</p> <p>Milk</p> |
|  <p>LUNCH</p>  | <p>Pasta with Rosè Sauce</p> <p>Fruit</p> <p>Water or Milk</p> | <p>Chicken Fajitas</p> <p>Fruit</p> <p>Water or Milk</p> | <p>Homemade Burgers & Fries</p> <p>Fruit</p> <p>Water or Milk</p> | <p>Mediterranean Chicken with Rice & Greek Salad</p> <p>Fruit</p> <p>Water or Milk</p> | <p>Beefy Mac & Cheese</p> <p>Fruit</p> <p>Water or Milk</p> |
| <p>PM SNACK</p>  | <p>Fresh Bean Dip & Corn Chips</p> <p>Fruit</p> <p>Water</p> | <p>Fresh Baked Loaf</p> <p>Fruit</p> <p>Water</p> | <p>Pudding with Fresh Berries</p> <p>Fruit</p> <p>Water</p> | <p>Cheese & Crackers</p> <p>Fruit</p> <p>Water</p> | <p>Yogurt Parfait</p> <p>Fruit</p> <p>Water</p> |

| WEEK 4 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| AM SNACK  | Bagels with Cream Cheese & Tomato Fruit Milk | Freshly Baked Muffins Fruit Milk | Whole Wheat Toast with Jam Fruit Milk | Cereal Fruit Milk | Raisin Bread French Toast Fruit Milk |
|  LUNCH  | Chicken Fried Rice Fruit Water or Milk | Panini Sandwiches with Potato Salad Fruit Water or Milk | Perogies with Turkey Bacon Fruit Water or Milk | Chicken Alfredo Pasta Fruit Water or Milk | Chef's Special  Fruit Water or Milk |
| PM SNACK  | Monkey Roll Ups Fruit Water | Veggies & Creamy Dip Fruit Water | Homemade Granola Bars Fruit Water | Freshly Baked Scones Fruit Water | Frozen Yogurt Fruit Pops Fruit Water |

Specifications for new menu items:

Chicken wraps : Chicken prepared however chef would like, with Sauce of choice eg. Honey mustard, ranch, Caesar etc.

Taco Salad: Serve in pyrex dishes, lettuce base with ground beef, cheese, tomatoes, corn chips, salsa, and sour cream

Burrito Bowl: Serve in Pyrex dishes, Rice base with corn, lettuce, tomato, beans, chicken or beef.

Cobb Salad: Serve in Pyrex dishes, lettuce base with tomato, hardboiled eggs, turkey bacon, cheese, cucumber and vinaigrette of your choice.

Yogurt

ONCE as breakfast

ONCE as snack

Week 1 -> yogurt (breakfast)

Week 2 -> Leftovers use for smoothies

Week 3 -> Yogurt parfait (snack)

Week 4 -> Leftover for frozen yogurt pops

Fruit Salad

Week 1 snack -> leftover use week 2 for smoothies

Wraps

Week 1 -> LUNCH - chicken wraps

Week 2 -> NONE

Week 3 -> LUNCH - fajitas

Week 4 -> SNACK - monkey roll ups

Salad Once a week

Pea Butter

Week 1 -> BREAKFAST Bagels w/ Pea butter & Jam

Week 2 -> SNACK Pea butter & Jam Sandwiches

Week 3 -> NONE

Week 4 -> SNACK - monkey roll ups

Breakfasts

Cereal x 1 / wk

Syrup x 1 / wk

Raisin Bread x 2/month -- wk 2 & wk 4

Eggs x 2 / month - wk 1 & wk 3

Bagels x 2 / month - wk 2 & wk 4

Chef's Special/Choice

Week 1 -> SNACK

Week 2 -> LUNCH

Week 3 -> BREAKFAST

Week 4 -> SNACK