





Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK 	Cereal Fruit Milk	Yogurt with Bananas Milk	Waffles & Syrup Fruit Milk	Chef's Snack of Choice Fruit Milk	Whole Wheat Bagels with Pea Butter & Jam Fruit Milk
 LUNCH 	Vegetable & Chicken a la King over rice Fruit Water or Milk	Salisbury Steak over garlic mash potato, peas with mushroom gravy Fruit Water or Milk	Vegetable Prima Vera pasta Fruit Water or Milk	Chef's Soup of the day with dinner roll Fruit Water or Milk	Turkey Sausage & vegetable Gumbo Fruit Water or Milk
PM SNACK 	Homemade Cookies Fruit Water	Home made Granola Bars Fruit Water	Chef's Snack of Choice Fruit Water	Cucumber & Cream Cheese Dip Fruit Water	Gold Fish Crackers & Apple Sauce Fruit Water

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p data-bbox="100 315 235 402">AM SNACK</p> 	<p data-bbox="338 266 596 347">Chef's Snack of Choice</p> <p data-bbox="422 461 512 493">Fruit</p> <p data-bbox="432 558 501 591">Milk</p>	<p data-bbox="764 289 869 321">Cereal</p> <p data-bbox="774 435 858 467">Fruit</p> <p data-bbox="785 532 848 565">Milk</p>	<p data-bbox="1052 266 1283 347">Freshly Baked Muffins</p> <p data-bbox="1125 461 1209 493">Fruit</p> <p data-bbox="1136 558 1199 591">Milk</p>	<p data-bbox="1425 266 1604 347">Pancakes & Sausages</p> <p data-bbox="1478 461 1562 493">Fruit</p> <p data-bbox="1488 558 1551 591">Milk</p>	<p data-bbox="1740 266 1992 347">Cinnamon Raisin Toast</p> <p data-bbox="1835 461 1919 493">Fruit</p> <p data-bbox="1845 558 1908 591">Milk</p>
 <p data-bbox="100 818 235 850">LUNCH</p> 	<p data-bbox="306 704 611 786">Spinach Pesto Pasta with Chicken</p> <p data-bbox="390 850 474 883">Fruit</p> <p data-bbox="354 997 596 1029">Water or Milk</p>	<p data-bbox="674 672 963 802">Spaghetti with Vegetable & Meat Sauce</p> <p data-bbox="774 867 858 899">Fruit</p> <p data-bbox="701 1013 932 1045">Water or Milk</p>	<p data-bbox="1016 672 1314 802">Roasted Vegetable & Chicken Quinoa Pilaf</p> <p data-bbox="1125 867 1209 899">Fruit</p> <p data-bbox="1052 1013 1283 1045">Water or Milk</p>	<p data-bbox="1367 672 1665 802">Chefs Soup of the Day with Garlic Toast</p> <p data-bbox="1478 915 1562 948">Fruit</p> <p data-bbox="1404 1013 1635 1045">Water or Milk</p>	<p data-bbox="1734 656 2003 786">Assorted Pizza's with Vegetable Sticks</p> <p data-bbox="1835 899 1919 932">Fruit</p> <p data-bbox="1751 1029 1982 1062">Water or Milk</p>
<p data-bbox="100 1175 235 1263">PM SNACK</p> 	<p data-bbox="317 1159 617 1240">Homemade Cheese Biscuits</p> <p data-bbox="422 1305 512 1338">Fruit</p> <p data-bbox="411 1403 522 1435">Water</p>	<p data-bbox="726 1192 905 1224">Pitas & Dip</p> <p data-bbox="774 1289 858 1321">Fruit</p> <p data-bbox="764 1386 869 1419">Water</p>	<p data-bbox="1041 1143 1293 1224">Chef's Snack of Choice</p> <p data-bbox="1125 1338 1209 1370">Fruit</p> <p data-bbox="1115 1435 1220 1468">Water</p>	<p data-bbox="1404 1143 1625 1273">Home made Hummus with Veggie Sticks</p> <p data-bbox="1478 1338 1562 1370">Fruit</p> <p data-bbox="1467 1435 1572 1468">Water</p>	<p data-bbox="1703 1143 1992 1273">Pea Butter & Jam Whole Wheat Wraps</p> <p data-bbox="1835 1338 1919 1370">Fruit</p> <p data-bbox="1824 1435 1929 1468">Water</p>

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>AM SNACK</p> 	<p>Toasted English Muffins with Jam</p> <p>Fruit</p> <p>Milk</p>	<p>Cheese Omelettes</p> <p>Fruit</p> <p>Milk</p>	<p>Chef's Breakfast of Choice</p> <p>Fruit</p> <p>Milk</p>	<p>Waffles with Turkey Sausage</p> <p>Fruit</p> <p>Milk</p>	<p>Cereal</p> <p>Fruit</p> <p>Milk</p>
 <p>LUNCH</p> 	<p>Pasta Aglio e Olio</p> <p>Fruit</p> <p>Water or Milk</p>	<p>Curried Chicken with Potato & Chick Peas over Rice</p> <p>Fruit</p> <p>Water or Milk</p>	<p>Swedish Meatballs over Cauliflower Mash</p> <p>Fruit</p> <p>Water or Milk</p>	<p>Chefs Soup of the Day with Grill Cheese</p> <p>Fruit</p> <p>Water or Milk</p>	<p>Adobo Chicken with Mash Potato & Corn</p> <p>Fruit</p> <p>Water or Milk</p>
<p>PM SNACK</p> 	<p>Fresh Bean Dip & Vegetables</p> <p>Fruit</p> <p>Water</p>	<p>Chef's Snack of Choice</p> <p>Fruit</p> <p>Water</p>	<p>Fresh Baked Loaf</p> <p>Fruit</p> <p>Water</p>	<p>Fruit Crisp</p> <p>Water</p>	<p>Cheese & Crackers</p> <p>Fruit</p> <p>Water</p>

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK 	Bagels with Cream Cheese & Tomato Fruit Milk	Freshly Baked Muffins Fruit Milk	Chef's Snack of Choice Fruit Milk	Cereal Fruit Milk	French Toast Fruit Milk
 LUNCH 	Leek, Zucchini & Red Pepper Quiche Fruit Water or Milk	Meat Loaf with Greek Salad Fruit Water or Milk	Perogies with Caramelized Onion & Turkey bacon Fruit Water or Milk	Chef's Soup of the Day with Crackers Fruit Water or Milk	Grilled Cheese with Baked Beans Fruit Water or Milk
PM SNACK 	Veggies & Bean Dip Fruit Water	Chef's Choice of Snack Fruit Water	Apple & Cheddar wraps Fruit Water	Freshly Baked Scones Fruit Water	Yogurt Berry Parfait with Toasted Oats Water

