

Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Fresh Fruit (apples, oranges, bananas, fruit in season) Milk	Pancakes, cantaloupe, Milk	Cinnamon toast with apples, milk	Cereal (cornflakes, rice crispies) with milk	English Muffins with butter, Cheese Whiz, & unsweetened jam, Juice
Lunch	Grilled Cheese, carrot sticks, apple slices, milk	Chili (beans, tomatoes, peppers, onions, ground beef), whole wheat roll, orange slices, milk	Goulash (noodles, ground beef, tomato soup, peppers, onions, pasta sauce, pasta), carrots, apple slices, milk	Homemade Pizza (crust, pizza sauce, chicken/ground beef, onion, peppers, mozzarella cheese), Banana slices, Milk	Sloppy Joes (ground beef, pasta sauce, onion, peppers, whole wheat buns), honeydew melon, milk
Afternoon Snack	Crackers (butter, cheese slices, or unsweetened jam), & Juice	Garlic Fingers (whole wheat bread sticks, garlic bread), apple slices, water	Unsweetened Apple Sauce with fruit, water	Oatmeal Cinnamon Apple muffins, apple slices, juice	Custard with fresh fruit, water