

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal (cornflakes, rice crispies) with milk	French toast with apples, milk	Banana Muffins Juice	Fresh Fruit (apples, oranges, bananas, fruit in season) Milk	Whole Wheat toast with butter, Cheese Whiz, & unsweetened jam, Juice
Lunch	Beans & wieners, whole wheat roll, orange slices, milk	Homemade Sheppard's Pie (ground beef, potato, carrot, peas), whole wheat roll, bananas, milk	Tacos (ground beef, lettuce, tomato, grated cheese, salsa), apple slices, milk	Homemade macaroni & cheese, chicken, whole wheat roll, milk	Sandwiches (sliced cheese, egg, tuna, ham, ham & cheese, chicken), Cantaloupe, Milk
Afternoon Snack	Breadsticks with slice cheese, butter	Veggies (carrot, turnip, celery, broccoli) with dip, & Milk	Homemade Oatmeal and/or Raisin cookies, milk	Homemade Toutons, Juice	Pudding, apple slices, water