

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Whole Wheat toast with butter, Cheese Whiz, & unsweetened jam, Juice	Oatmeal Muffins Juice	Cereal (cornflakes, rice crispies) with milk	Yogurt with Fruit, & water	Fresh Fruit (apples, oranges, bananas, fruit in season) Milk
Lunch	Meatballs, rice, sweat & sour sauce, carrot, apple slices, & milk	Chicken and creamy potatoes, carrot, turnip, gravy, orange slices, milk	Homemade Pizza (crust, pizza sauce, chicken/ground beef, onion, peppers, mozzarella cheese), Banana slices, Milk	Tuna Melt (tuna, whole wheat rolls, mayo, onion, green peppers, cheese), apple slices, Milk	Hamburgers (whole wheat buns, hamburger patties, cheese, tomato), Milk
Afternoon Snack	Apples & yogurt, water	Fruit Salad, & Milk	Banana Bread, Juice	Veggies (carrot, turnip, celery, broccoli) with dip, & Milk	Crackers (butter, cheese slices, or unsweetened jam), & Juice