

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal (corn flakes or rice crispies) w/milk	Bagels w/butter, Cheese Whiz or unsweetened jam, Juice	Fresh Fruit (apples, oranges, bananas, fruit in season) Milk	Carrot Muffins Juice	Whole Wheat Pancakes, Syrup & Juice
Lunch	Homemade Chicken Noodle Soup (with chicken, potato, carrot, turnip, onion, & rice), Crackers, Oranges, & Milk	Spaghetti (ground beef, pasta sauce, whole wheat noodles, green pepper, onion, mushrooms), Garlic Bread (whole wheat rolls with garlic butter), Apple slices, & Milk	Chicken Wraps (whole wheat wraps, rice, chicken, green pepper & optional: grated cheese and salsa), Bananas, & Milk	Fish Sticks, creamy potatoes, peas, Honeydew Melon, & Milk	Hot Dogs (whole wheat buns,), steamed vegetables, cantaloupe, Milk
Afternoon Snack	Bran Muffins, & Juice	Veggies (carrot, turnip, celery, broccoli) with dip, & Milk	Crackers (butter, cheese slices, or unsweetened jam), & Juice	Unsweetened Apple Sauce with fruit of season	Fruit Salad, & Milk