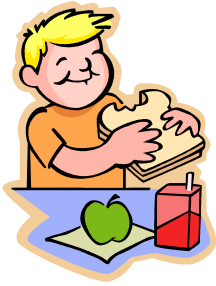


# WEEK 1



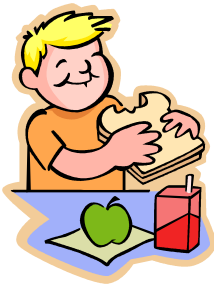
|   | <b>MONDAY</b>   | <b>TUESDAY</b>  | <b>WEDNESDAY</b>   | <b>THURSDAY</b>   | <b>FRIDAY</b>  |
|---|---|---|--|---|--|
| <b><u>AM</u></b><br><b><u>SNACK</u></b> | Raisin Bread<br><br>Milk  | Cereal & Fruit<br><br>Milk  | Toast & Soynut Butter<br><br>Milk  | Croissants & Jam/Cheese Slices<br><br>Milk                    | Fruit & Arrowroots<br><br>Milk   |
| <b><u>LUNCH</u></b>                     | Sloppy Joes On Buns<br><br>Garden Salad<br><br>Applesauce<br><br>Milk | Chicken Balls<br><br>Rice<br><br>Stirfry Vegetables<br><br>Fruit Cocktail<br><br>Milk | Spaghetti<br><br>Meatballs<br><br>Mixed Veggies<br><br>Jello<br><br>Milk | Chicken<br><br>Potatoes<br><br>Corn<br><br>Yogurt<br><br>Milk | Fish Fillet<br><br>Rice<br><br>Peas & Carrots<br><br>Pears<br><br>Milk |
| <b><u>PM</u></b><br><b><u>SNACK</u></b> | Muffins & Fruit<br><br>Juice/Water                                    | Pita & Cream Cheese<br><br>Juice/Water  | Fruit & Crackers<br><br>Juice/Water                                      | Cereal Bars & Fruit<br><br>Juice/Water                        | Ants-On-A-Log<br><br>Juice/Water                                       |



# WEEK 2



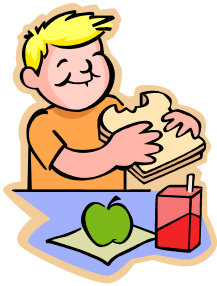
|   | <b>MONDAY</b>   | <b>TUESDAY</b>   | <b>WEDNESDAY</b>  | <b>THURSDAY</b>   | <b>FRIDAY</b>   |
|---|---|--|---|---|---|
| <b><u>AM</u></b><br><b><u>SNACK</u></b> | Fruit<br>Yogurt<br><br>Milk   | Bagels<br>& Butter<br><br>Milk   | Pancakes<br>& Fruit<br><br>Milk   | English Muffins<br>& Jam<br><br>Milk  | French<br>Toast<br><br>Milk   |
| <b><u>LUNCH</u></b>                     | Tomato<br>Soup<br><br>Grilled<br>Cheese<br><br>Fruit<br>Salad<br><br>Milk | Chicken Fingers<br><br>Scalloped<br>Potatos<br><br>Salad<br><br>Applesauce<br><br>Milk | Tacos - Cheese,<br>Salsa, Lettuce<br>& Sour Cream<br><br>Tortillas<br><br>Ice Cream<br>Sandwiches<br><br>Milk | Vegetable<br>Beef Stew<br><br>Whole Wheat<br>Buns<br><br>Yogurt<br><br>Milk | Swedish<br>Meatballs<br><br>Rice<br><br>Raw Vegetables<br><br>Pudding<br><br>Milk |
| <b><u>PM</u></b><br><b><u>SNACK</u></b> | Fruit &<br>Cookies<br><br>Juice/Water                                     | Cheese &<br>Crackers<br><br>Juice/Water  | Rice Krispy<br>Squares & Fruit<br><br>Juice/Water   | Bear Paws<br>& Fruit<br><br>Juice/Water                                     | Fruit &<br>Croissants<br><br>Juice/Water  |



# WEEK 3



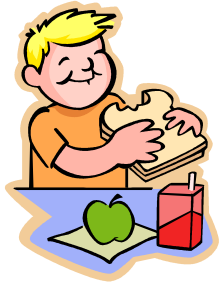
|   | <b>MONDAY</b>  | <b>TUESDAY</b>  | <b>WEDNESDAY</b>  | <b>THURSDAY</b>   | <b>FRIDAY</b>  |
|---|--|---|---|---|--|
| <b><u>AM</u></b><br><b><u>SNACK</u></b> | Cereal<br>Bars<br><br>Milk   | Pancakes<br>& Fruit<br><br>Milk   | Eggs &<br>Hashbrowns<br><br>Milk  | Cereal<br>& Fruit<br><br>Milk                                   | Muffins<br><br>Milk  |
| <b><u>LUNCH</u></b>                     | Fishsticks<br><br>Potato Wedges<br><br>Salad<br><br>Apples<br><br>Milk | Chicken Stirfry<br><br>Mixed Veggies<br><br>Noodles<br><br>Yogurt<br><br>Milk | Homemade<br>Pizza<br><br>Caesar<br>Salad<br><br>Fruit Salad<br><br>Milk | Perogies<br><br>Ham<br><br>Raw Veggies<br><br>Jello<br><br>Milk | Macaroni & Cheese<br><br>Peas<br><br>Whole Wheat Buns<br><br>Bananas<br><br>Milk |
| <b><u>PM</u></b><br><b><u>SNACK</u></b> | Veggies<br>& Dip<br><br>Juice/Water                                    | Banana<br>Bread<br><br>Juice/Water  | Cheese &<br>Crackers<br><br>Juice/Water                                 | Fruit &<br>Cookies<br><br>Juice/Water                           | Fruit &<br>Popcorn<br><br>Juice/Water  |



# WEEK 4



|   | <b>MONDAY</b>   | <b>TUESDAY</b>   | <b>WEDNESDAY</b>  | <b>THURSDAY</b>   | <b>FRIDAY</b>  |
|---|---|--|---|---|--|
| <b><u>AM</u></b><br><b><u>SNACK</u></b> | Bagels &<br>Cream Cheese<br><br>Milk  | French<br>Toast<br><br>Milk  | Granola &<br>Yogurt<br><br>Milk                                       | Eggs &<br>Toast<br><br>Milk   | Fruit &<br>Cereal Bars<br><br>Milk                               |
| <b><u>LUNCH</u></b>                     | Chicken<br>Vegetable Soup<br><br>Garlic Cheese<br>Bread<br><br>Applesauce<br><br>Milk | Meatloaf<br><br>Mashed Potatoes<br><br>Peas & Carrots<br><br>Pudding<br><br>Milk | Pork Tenderloin<br><br>Rice<br><br>Broccoli<br><br>Grapes<br><br>Milk | Ravioli with<br>Cream Sauce<br><br>Garden<br>Salad<br><br>Peaches<br><br>Milk | Tuna<br>Casserole<br><br>Coleslaw<br><br>Fruit Salad<br><br>Milk |
| <b><u>PM</u></b><br><b><u>SNACK</u></b> | Pretzels &<br>Cheesestrings<br><br>Juice/Water  | Fruit &<br>Yogurt Dip<br><br>Juice/Water   | Trail<br>Mix<br><br>Juice/Water                                       | Rice Cakes<br>& Hummus<br><br>Juice/Water                                     | Nachos<br>& Salsa<br><br>Juice/Water                             |



# AFTERNOON SNACK MENU



|               |   |                                    |  |                                    |                                   |
|---------------|---|------------------------------------|--|------------------------------------|-----------------------------------|
| <u>Week 1</u> | Muffins & Fruit<br>Water/Juice          | Pita & Cream Cheese<br>Water/Juice | Fruit & Crackers<br>Water/Juice            | Cereal Bars & Fruit<br>Water/Juice | Ants-On-A-Log<br>Water/Juice      |
| <u>Week 2</u> | Fruit & Cookies<br>Water/Juice          | Cheese & Crackers<br>Water/Juice   | Rice Krispy Squares & Fruit<br>Water/Juice | Bear Paws & Fruit<br>Water/Juice   | Fruit & Croissants<br>Water/Juice |
| <u>Week 3</u> | Veggies & Dip<br>Water/Juice            | Banana Bread<br>Water/Juice        | Cheese & Crackers<br>Water/Juice           | Fruit & Cookies<br>Water/Juice     | Fruit & Popcorn<br>Water/Juice    |
| <u>Week 4</u> | Pretzels & Cheesestrings<br>Water/Juice | Fruit & Yogurt Dip<br>Water/Juice  | Trail Mix<br>Water/Juice                   | Rice Cakes & Hummus<br>Water/Juice | Nachos & Salsa<br>Water/Juice     |