

**Menu**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | **Cereal****Fruit** **Milk** | **Scrambled eggs****Toast** **Milk**  | **Cereal****Fruit****Milk** | **Whole wheat toast with butter and jam****Milk**  | **Cereal****Fruit****Milk** |
| **AM Snacks** | **Yogurt parfait****Water**  | **Pretzels****Cheese** **Water** | **Animal crackers** **Apples****Water** | **Graham Crackers****Fruit****Water** | **Fruit Smoothie****Water** |
| **Lunch** **WEEK 1** | **BBQ chicken sandwich****Veggies****Milk** | **English muffin Cheese pizza****Veggies****Milk** | **Fish sticks****Rice** **Fruit** **Milk** | **Spaghetti with Meatballs****Fruit****Milk** | **C:\Users\owner\AppData\Local\Microsoft\Windows\INetCache\IE\AEIQONNJ\Happy-4th-250x276[1].png** |
| **WEEK 2** | **Chicken nuggets****Rice****Fruit****Milk**  | **Bubble up enchilada****Fruit****Milk**  | **Chicken fried rice****Fruit****Milk** | **Turkey meatball** **Stroganoff** **Fruit** **Milk** | **Broccoli mac and cheese** **Chicken nuggets Milk**  |
| **WEEK 3** | **Chicken chow main** **With veggies****Milk**  | **Rice****Chicken nuggets****Fruit****Milk**  | **English muffin Cheese pizza****Veggies****Milk** | **Beans and cheese quesadilla****Veggies****Milk** | **Octopus pasta****Fruit****Milk** |
| **WEEK 4** | **Grilled cheese sandwich** **Cherry tomatoes** **Milk**  | **Spaghetti with Meatballs****Fruit****Milk** | **Fish sticks****Rice** **Green beans****Milk** | **Turkey and cheese roll up** **Fruit** **Milk**  | **One pot pizza bake****Veggies****Milk**  |
| **PM Snacks** | **Raisins and crackers****Water** | **Fruit and crackers** **Water**  | **Cheese and Crackers****Water** | **Apples and Peanut Butter****Water** | **Trail Mix** **Water** |

**\*PM SNACK MAY VARIES DUE TO SPECIAL PROJECTS IN EACH CLASSROOM, PLEASE SEE LESSON PLAN (SPECIAL PROJECTS ARE MADE IN THE AFTERNOON) Breakfast: Consists of milk, fruit, eggs, bread or bread alternative Lunch: Consists of all five of the following: Milk, vegetable/fruit, bread or alternative, meat of meat alternative**

**Snacks: Consist the following, juice/water, vegetables/ fruit, crackers, cheese, yogurt /For children with allergies parent will provide the alternative**