

**Menu**

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| --- | --- | --- | --- | --- | --- |
|  | **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**