

Spring/Summer Menu

Menu #1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Whole Grain Cherrios Strawberries Milk	Whole Grain Bagels w/Jelly Diced Mango Milk	Whole Wheat Pancakes w/Syrup Blueberries Milk	½ Whole Wheat Bread w/Sun Butter and Jelly Mixed Fruit Milk	Whole Grain Cinnamon Raisin Bread w/Cream Cheese Pears Milk
MORNING SNACK	Whole Wheat Fig Newtons Mandarin Oranges Water	Rice Cake Fresh Cantaloupe Water	Hard Boiled Eggs Whole Grain Saltine Crackers Water	Fresh Strawberry & Banana Smoothies Water	Trail Mix with Granola & Craisins Water
LUNCH	Beef Meatballs w/ Mushroom Sauce White Rice Apricots Milk	Refried Bean & Cheese Taco on Whole Wheat Tortilla Salsa Mixed fruit Milk	Beef Lasagna Broccoli Fresh Sliced Watermelon Milk	Grilled Chicken Nuggets Cauliflower Mash Peaches Milk	Tuna Salad Sandwich on Whole Wheat Bread Fresh Baby Carrots Apple Milk
AFTERNOON SNACK	Cheese Stick Marinara Sauce Water	Multigrain Fruit Bar Water	Diced Turkey Whole Wheat Pita Water	Cottage Cheese w/Pineapple Water	Cheddar Cheese Cubes Wheat Thins Water

