

Menu October -May 2018

Weeks one & two

Breakfast 8 am – 9 am
Lunch 11:30 am- 12:30pm
Snack 3pm – 3:30 pm

One

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Whole Grain Cereal Oranges, Milk	Breakfast: French Toast apples, Milk	Breakfast: Whole Grain Bagel <u>(Wheat, Soy)</u> Ham Milk	Breakfast: Bananas Toast <u>(Wheat, Gluten, Soy)</u> Milk	Breakfast: Egg patty <u>(Eggs, Dairy, Soy)</u> Crescent Roll <u>(Wheat, Soy, Dairy)</u> Milk
Lunch: Macaroni and Cheese <u>(Wheat,Dairy, Soy)</u> Steamed Broccoli Oranges Milk	Lunch: Cheddar Broccoli Soup Cooked Carrots Fresh Fruit Oyster Crackers Milk	Lunch: Meat Lasagna <u>(Wheat, Dairy, Soy, Egg)</u> Green Beans Blend Mixed Fruit Milk	Lunch: Chili Mac Fresh Fruit Peas Cornbread Milk	Lunch: Waffles <u>(Wheat, Dairy, Eggs)</u> , Cantaloupe Turkey Sausage <u>(Dairy)</u> Hashbrowns <u>(Soy)</u> Milk
Snack: Apples Cheese slices	Snack: Sun Chips <u>(Wheat)</u> Salsa	Snack: Simply Chex Milk	Snack: Turkey Slices Whole Grain Cracker <u>(Wheat)</u>	Snack: Whole Grain Gold Fish Cheese stick

Two

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Cheese Omelet <u>(Eggs, Dairy, Soy)</u> Apples Milk	Breakfast: Whole Grain Cereal Oranges Milk	Breakfast: Nutria grain bar bar <u>(Wheat, Soy, Dairy)</u> Pineapple Milk	Breakfast: Multigrain Muffin Bananas Milk	Breakfast Ham& Cheese Whole Grain English Muffin <u>(Wheat, Soy)</u> Milk
Lunch: Saulsberry Steak Mashed Potatoes Green Beans Milk	Lunch: Herb Marinated Chicken Rice Pilaf Brussels Sprouts Fresh Fruit Milk	Lunch: Turkey Burger Cheddar Cheese Green Beans Apples Milk	Lunch: Gd. Beef Taco <u>(Soy)</u> Lettuce, tomato, (Salsa, Sour Cream) Fresh fruit Milk	Lunch: Cheese Pizza <u>(Wheat, Dairy, Soy)</u> Oranges Peas Milk
Snack: Yogurt Whole Wheat Grams <u>(Wheat)</u>	Snack: Oranges Milk	Snack: Cucumbers Hummus <u>(Sesame)</u>	Snack: Turkey Whole Grain Crackers <u>(Wheat)</u>	Snack: Goldfish <u>(Wheat, Dairy)</u> Apples