



February 5th

Week 4

Day	AM Snack	Lunch	Afternoon Snack
Monday	Whole wheat toast Fresh Oranges Milk	Creamy Pesto Whole Grain Macaroni w/ Spinach and diced Chicken Fresh Pineapples Milk	Homemade trail mix w/ dried fruit (Gluten free) Water
Tuesday	Cheesy Grits Fresh Sliced Apples Milk	Beef Strip Fajita w/ Pepper & Onion Black beans , Corn Whole grain Tortilla Fresh Tropical Fruit Milk (Vegetarian- beef strips)	Carrots & cucumbers Hummus Water
Wednesday	Bran Cereal Raisins Milk	Tomato Basil soup Grilled cheese Banana Milk	Peanut free Sunflower & jelly on whole wheat bread Water
Thursday	Cottage cheese Fresh Pineapples Milk	Grilled chicken tenders Corn Peaches Milk (Vegetarian-Quorn chicken Strips)	Roasted chickpeas Apples Water
Friday	Vanilla Greek Yogurt Blueberries Milk	Pot Roast w/ Mix Veggies Cornbread Mandarin Oranges Milk (Vegetarian beef strips)	String cheese Crackers Water