

# What's on the Menu?

**WEEK 3**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING SNACK</b>	Whole Grain Chex Cereal Fresh Bananas Water	Whole Grain Bage w/Cream Cheese Fresh Blueberries Water	Whole Wheat English Muffin Scrambled Eggs w/Cheese Milk	Waffles w/Syrup Fresh Bananas Milk	Warm Oatmeal Fresh Apple Slices <b>Applesauce</b> Water
<b>LUNCH</b>	Macaroni and Cheese Steamed Broccoli Peaches Whole Wheat Roll Milk	Pepperoni Pizza Steamed Cauliflower Fresh Apple Slices <b>Applesauce</b> Milk	Cheeseburger on Whole Wheat Bun Green Beans Peaches Milk  <b>Garden Burger</b>	BBQ Meatballs Tator Tots Steamed Carrots Pineapples Milk  <b>Grilled Cheese</b>	Beef Ravioli Green Peas Diced Pears Milk  <b>Cheese Quesadilla</b>
<b>AFTERNOON SNACK</b>	Yogurt Parfait (Granola w/Strawberries or Blueberries) Water	Ritz Crackers Cheese Cubes Water	Teddy Grahams Milk	Club Crackers Cheese Cubes Milk	Goldfish Water
<b>DINNER</b>	Spaghetti w/Ground Turkey Steamed Carrots Fresh Blueberries Milk  <b>Cheese Manicotti</b>	Turkey & Cheese Roll up Green Beans Fresh Bananas Pears Milk  <b>Hummus Wrap</b>	Macaroni and Cheese Steamed Broccoli Pineapples Whole Wheat Roll Milk	Soft Taco (Chicken, Lettuce Tomatoes, Cheese) Pears Milk  <b>Cheese Quesadilla</b>	Baked Fish Sticks Whole Wheat Roll Green Beans Milk  <b>Garden Burger</b>



Vegetarian Alternative



Alternative 2 and under



- ▶ All meals are baked, not fried
- ▶ Vegetarian meal options available
- ▶ Fresh fruits and vegetables served daily
- ▶ Proteins include chicken, turkey, beef, tofu, cheese, and beans
- ▶ Whole milk served to children ages 12-24 months
- ▶ 1% milk served to children 24 months and older
- ▶ All meals served family style

