

Menu

Beginning September 10th, 2018

wk 1	monday	tuesday	wednesday	thursday	friday
	breakfast	breakfast	breakfast	breakfast	breakfast
	french toast	3/4 cup rice krispies	cheerios	3/4 cup chex	special k
	turkey sausage	fresh fruit	1/2 cup banana	fresh fruit	1/2 cup bananas
	fresh fruit	3/4 cup milk	3/4 cup milk	3/4 cup milk	1/2 cup milk
	3/4 cup milk				
	lunch	lunch	lunch	lunch	lunch
	Chicken tenders	Grilled cheese	fish	2 oz spaghetti	turkey & gravy
	with ranch	Whole wheat bread	sweet peas	2 oz ground turkey	1/2 cup carrots
	1/4 cup sweet potato fries	tomato basil soup	whole wheat bun	1 oz marinara	fresh fruit
	1/4 cup cauliflower	1/2 cup corn	1/2 cup orange slices	fresh fruit	mashed potatoes
	fresh fruit	fresh fruit	3/4 cup milk	3/4 cup peas	3/4 cup milk
	3/4 cup milk	3/4 cup milk		3/4 cup milk	
	snack	snack	snack	snack	snack
	fresh fruit	1/2 cup yogurt	cottage cheese	crackers	1/2 cup applesauce
	goldfish	Raisins	fresh fruit	cucumbers	animal crackers
wk 2	breakfast	breakfast	breakfast	breakfast	breakfast
	3/4 cup corn flakes	bagel and cream cheese	rice krispies	3/4 cup cheerios	Grits , turkey sausage
	1/2 cup banana	fresh fruit	banana	fresh fruit	fresh fruit
	3/4 cup milk	3/4 cup milk	3/4 cup milk	3/4 cup milk	3/4 cup milk
	lunch	lunch	lunch	lunch	lunch
	2 oz macaroni	2 oz smoked turkey	5 cheese raviols	turkey sloppy joes	chicken noodle soup
	1.5 oz cheese	2 oz cheddar cheese	2 oz basil marinara	whole wheat bun	Whole wheat bun
	1/2 cup peas	lettuce and tomato	3/4 cup broccoli	1/2 cup roasted corn	green beans
	fresh fruit	whole wheat tortilla	fresh fruit	fresh fruit	fresh fruit
	3/4 cup milk	fresh fruit	3/4 cup milk	3/4 cup milk	3/4 cup milk
		3/4 cup milk			
	snack	snack	snack	snack	snack
	fresh fruit	cheese	applesauce	hummus, pita	fresh fruit
	1/2 cup yogurt	fresh fruit	goldfish	cucumbers	1 cup graham crackers
wk 3	breakfast	breakfast	breakfast	breakfast	breakfast
	3/4 cup cheerios	oatmeal	pancakes	3/4 cup chex	special k
	1/2 cup banana	fresh fruit	turkey sausage	fresh fruit	1/2 cup bananas
	3/4 cup milk	3/4 cup milk	3/4 cup milk	3/4 cup milk	3/4 cup milk
	lunch	lunch	lunch	lunch	lunch
	2 oz spaghetti	meatballs & gravy	1 grilled cheese	chicken stir fry	cheese pizza
	2 oz ground turkey	mashed potatoes	whole wheat bread	2 oz chicken	broccoli
	1 oz marinara	peas	broccoli	2 oz brown rice	fresh fruit
	fresh fruit	fresh fruit	1/2 cup tomato soup	fresh fruit	3/4 cup milk
	3/4 cup peas	3/4 cup milk	1/2 cup apples	3/4 cup mixed vegetables	
	3/4 cup milk		3/4 cup milk	3/4 cup milk	
	snack	snack	snack	snack	snack
	cheese, crackers	1/2 cup applesauce	raisins	graham crackers	fresh fruit
	fresh fruit	1 cup animal crackers	1/2 cup yogurt	orange slices	1 cup goldfish
wk 4	breakfast	breakfast	breakfast	breakfast	breakfast
	Grits	3/4 cup rice krispies	3/4 cup corn flakes	french toast	3/4 cup chex
	1/2 cup banana	fresh fruit	1/2 cup banana	1/2 cup fresh fruit	1/2 cup bananas
	1/2 cup milk	3/4 cup milk	3/4 cup milk	3/4 cup milk	3/4 cup milk
	lunch	lunch	lunch	lunch	lunch
	Fish Tacos	2 oz roast beef	chicken parmesan	Baked chicken	Chili
	whole wheat tortilla	brown rice	2 oz chicken	whole wheat bun	Corn Bread
	lettuce and tomato	3/4 cup green beans	2 oz cheese	3/4 cup corn	3/4 cup broccoli
	fresh fruit	fresh fruit	carrots	fresh fruit	fresh fruit
	1/2 cup milk	3/4 cup milk	3/4 cup apples	3/4 cup milk	3/4 cup milk
			3/4 cup milk		
	snack	snack	snack	snack	snack
	fresh fruit	1/4 cup yogurt	hummus, pita	fresh fruit	fresh fruit
	1/2 nutigrain bar	fresh fruit	cucumbers	1 cup goldfish	1 cup graham cracker