

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING SNACK</b>	~Whole Grain Pancakes ~Applesauce ~Low Fat Milk	~Blueberry Muffins ~Apricots ~Low Fat Milk	~Fruit Yogurt ~Granola ~Low Fat Milk	~English Muffin ~Butter and Jam ~Low Fat Milk	~Gluten-Free Chex Cereal ~1/2 Banana ~Low Fat Milk
<b>LUNCH</b>	~Tri-color Tortellini ~Pesto Sauce ~Diced Peaches ~Steamed Broccoli ~Low fat Milk	~Cheeseburger Beef Sliders ~Whole Grain Bun ~Apple Slices ~Steamed Carrot Sticks ~Low Fat Milk  Sub: Garden Burger	~White Diced Chicken and Whole Grain Pasta Casserole ~Strawberries ~Steamed Green Beans ~Low Fat Milk  Sub: Whole Grain Pasta Casserole	~Baked Chicken Nuggets ~BBQ Sauce ~Salad/Ranch Dressing ~Fruit Cocktail ~Low Fat Milk  Sub: Garden Burger	~Rice Bowl ~Brown Rice ~Beans, Corn, Peppers ~Mangos ~Low Fat Milk
<b>AFTERNOON SNACK</b>	~Whole Grain Baked Pretzel Rods ~Salsa Dip ~Water	~Cinnamon Apple Rice Cake ~Sun Butter ~Water	~Hummus ~Carrot Sticks ~Whole Wheat Crackers ~Water	~Fruit Snack Bar ~Cheese Cubes ~Water	~Sun Butter and Jam Sandwiches on Whole Grain Biscuit ~Water



# SPRING/SUMMER MENU



Full Service Kitchen