

Weekly Menus

All meals and snacks are well balance and meet the nutritional requirement of the United States Department of Agriculture's Child & Adult Food Program.

Week #1

MONDAY	TUESDAY	WENESDAY	THURSDAY	FRIDAY
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk Pears French Toast	Milk Peaches Oatmeal	Milk Apple Croissant	Milk Bananas Cheerios	Milk Pineapples Pancakes
Lunch	Lunch	Lunch	Lunch	Lunch
Milk Chicken Nuggets Green beans Corn Dinner roll	Milk Grill Cheese Broccoli Pears Wheat Bread	Milk Beef Franks Bake beans Pineapples Hotdog bun	Milk Fish Sticks French Fries Apples Dinner Roll	Milk M Cheese Tomato Sauce Bananas Pizza Crust
Snack	Snack	Snack	Snack	Snack
100% Juice Club Crackers	100% Juice Vanilla Wafers	100% Juice Cheese Crackers	100% Juice Vanilla Wafers	100% Juice Yogurt

Week #2

MONDAY	TUESDAY	WENESDAY	THURSDAY	FRIDAY
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk Oranges Biscuit	Milk Bananas Cheerios	Milk Apple Sauce Muffin	Milk Pears Kix	Milk Grapes Bagel
Lunch	Lunch	Lunch	Lunch	Lunch
Milk Beef Meat balls Tater tots Bananas Dinner roll	Milk Chicken Green beans Oranges Rice	Milk Ground Beef Pasta Sauce Broccoli Pasta Shells	Milk Sandwich Mix Veggies Apple Sauce Wheat Bread	Milk Hamburger French Fries Pears Bun
Snack	Snack	Snack	Snack	Snack
100% Juice Graham Cracker	100% Juice Yogurt	100% Juice Chocolate Cookies	100% Juice Yogurt	100% Juice Club Crackers

WEEK # 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk Tropical Fruit Pancakes	Milk Apples Kix	Milk Pears French Toast	Milk Bananas Cheerios	Milk Oranges Waffles
Lunch	Lunch	Lunch	Lunch	Lunch
Milk Beef Sausage Green beans Oranges Wheat Bread	Milk Fish Sticks Broccoli Tropical Fruit Dinner Roll	Milk Corn Dogs Mix Veggies Apples	Milk Chicken Nuggets French Fries Pears Dinner Roll	Milk M Cheese Tomato Sauce Bananas Pizza Crust
Snack	Snack	Snack	Snack	Snack
100% Juice Chocolate Cookies	100% Juice Club Crackers	100% Juice Yogurt	100% Juice Cheese Crackers	100% Juice Chocolate Cookies

WEEK #4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk Apple Sauce Grits	Milk Apples Biscuits	Milk Pineapples Cream of Wheat	Milk Oranges Muffins	Milk Bananas Cheerios
Lunch	Lunch	Lunch	Lunch	Lunch
Milk Chicken French Fries Bananas Dinner Roll	Milk Beef Sausage Corn Pineapples Mac n Cheese	Milk Beef meatballs Tater Tots Apples Dinner Rolls	Milk Fish Sticks Mix Veggies Pears Dinner Roll	Milk Grill Cheese Green beans Oranges Wheat Bread
Snack	Snack	Snack	Snack	Snack
100% Juice Pretzel Sticks	100% Juice Yogurt	100% Juice Club Crackers	100% Juice Yogurt	100% Juice Gold Fish

WEEK #5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk Apple Sauce Cream of wheat	Milk Tropical Fruit Croissant	Milk Bananas Kix	Milk Pears Biscuit	Milk Oranges Muffin
Lunch	Lunch	Lunch	Lunch	Lunch
Milk Hamburger French Fries Pears Hamburger Buns	Milk Chicken Mix Veggies Apple Sauce Dinner Roll	Milk Beef Meatballs Corn Pineapple Dinner Roll	Milk Peanut butter/Cheese Broccoli Oranges Wheat Bread	Milk Beef Sausage Green beans Pears Dinner Rolls
Snack	Snack	Snack	Snack	Snack
100% Juice Graham Crackers	100% Juice Club Crackers	100% Juice Graham Crackers	100% Juice Club Crackers	100% Juice Yogurt

WEEK #6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk Apple French Toast	Milk Bananas Cheerios	Milk Pears Grits	Milk Grapes Biscuits	Milk Pineapple Pancakes
Lunch	Lunch	Lunch	Lunch	Lunch
Milk Grill Cheese Green Beans Bananas Wheat Bread	Milk Corn Beef Broccoli Pears Dinner Roll	Milk Beef Franks Bake Beans Apple Hot Dog Bun	Milk Fish Sticks French Fries Tropical Fruit Dinner Roll	Milk Chicken Nugget Mix Veggies Grapes Dinner Roll
Snack	Snack	Snack	Snack	Snack
100% Juice Nutrigrain Bars	100% Juice Yogurt	100% Juice Brownies	100% Juice Yogurt	100% Juice Cheese Crackers

Weekly menus are cycled every six weeks. I will not substitute any foods if your child does not like what's on the menu please provide an alternative. If you send junk food for your child send enough for everyone!