

Weekly Menu

Date:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | * Waffle
* Cut-up peach
* Milk
 | * Sweet potato muffin
* Strawberries
* Milk
 | * Biscuit
* Scrambled egg
* Orange juice
 | * Toast
* Sausage link
* Hash browns
* Milk
 | * Pancake
* Turkey bacon
* Juice
 |
| Morning Snack | * Fruit smoothie
 | * Greek Pineapple yogurt
 | * Fruit smoothie
 | * Greek Blueberry yogurt
 | * Fruit smoothie
 |
| Lunch | * Ground Turkey Taco w/ cheese, lettuce, and tomatoes
* Cut-up apple
* Milk
 | * Rotini with meat sauce
* Green peas
* Cut-up pear
* Juice
 | * Chicken nuggets
* Seasoned brown rice
* Green beans
* Cut-up apple
* Milk
 | * Egg salad sandwich
* Cucumbers
* Cut-up nectarine
* Milk
 | * Cheese pizza
* Zucchini and carrot strips
* Blueberries
* Milk
 |
| Afternoon Snack | * Cheese and Crackers
* Juice
 | * Graham crackers
* Milk
 | * Cheeze-its
* Cut-up peach
* Milk
 | * Cheese quesadilla
* Juice
 | * Cut-up apple
* Cheese
* Milk
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