

Weekly Menu

Week Five



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------|--|--|---|---|---|
| BREAKFAST | Whole grain waffles & peaches, served with milk | Egg & cheese muffin, oranges, served with milk | Whole grain toasted O Cereal & melon, served with milk | Baked oatmeal served with peaches & milk | Whole grain English muffin topped with Sunbutter & apples served with milk |
| SNACK | Tuna salad on whole wheat toast triangles, served with milk | Whole grain fruit muffin, served with milk | Cucumbers & cheese sticks served with water | Sunbutter & banana on whole grain tortilla, served with water | Tri-colored tortilla strips with cheese & tomato sauce, served with water |
| LUNCH | Homemade tator tot hot dish (with mixed veggies added), pineapple, served with milk | Tri-colored pasta salad (noodles, mozzarella cheese, & italian dressing), peas, applesauce, served with milk | Gluten free chicken tenders, steamed fresh carrots, & whole cranberry sauce, served with milk | Open-faced pizza burger on a whole grain bun, corn, & watermelon served with milk | Hot dog on a whole grain bun, fresh lettuce Salad, applesauce, served with milk |
| SNACK | Ants on a log, served with water (infants/toddlers - whole grain tortilla with banana & Sunbutter) | Granola & pear slices, served with water | Greek yogurt cup topped with peaches, served with water | Cottage cheese, & graham crackers served with water | Cornbread muffins, served with milk |