

# Weekly Menu

## Week One



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cinnamon French toast dippers & applesauce, served with milk	Scrambled eggs, whole grain toast & oranges, served with milk	Whole grain Toasted O cereal, sliced melon, served with milk	Sausage & egg breakfast sandwich on a whole grain toasted English muffin, watermelon & milk	SunButter & strawberries in a whole grain pita, served with milk
SNACK	Mango pieces & cheese, served with water	Oatmeal raisin bread & butter served with milk	Cottage cheese & diced peaches, served with water	Applesauce & whole grain fruit muffin, served with milk	Fresh veggie strips & ranch Greek yogurt dip, served with water
LUNCH	Shredded Hawaiian chicken Sandwiches on a whole grain bun, with carrots sticks & peaches, served with milk	Tomato soup, grilled cheese sandwich on whole grain bread, and warm cinnamon apples, served with milk	Baked fish, roasted potatoes green beans, & applesauce, served with milk	Chicken chow mein with rice, Asian vegetables, Chinese noodles, & pears, served with milk	Baked chicken cacciatore, green lettuce salad, & fresh fruit, served with milk
SNACK	Apricots, served with milk	Whole grain pita shells & veggies with ranch for dipping, served with water	Whole grain cinnamon tortilla strips & fruit salsa, served with water	Snack wrap (SunButter, raisins, & banana in a whole whole grain tortilla), served with water	Whole grain breadstick with marinara dipping sauce, served with milk