

Weekly Menu

Week Three



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Whole grain toasted bagel, cream cheese & deli-style turkey, served with pears & milk	Egg bake topped with shredded cheese, buttered whole wheat toast, served with oranges & milk	Whole grain Life cereal & melon slices, served with milk	Whole grain English muffins & peaches, served with milk	Pancakes with maple syrup & mandarin oranges, served with milk
SNACK	Greek yogurt cup & strawberry slices, served with water	Biscuits with fruit spread, served with milk	Cheese sticks with marinara dipping sauce, served with water	Whole grain banana-raisin tortilla roll-up, served with 100% apple juice	Fresh apple slices & cheese triangle, served with water
LUNCH	Beef stroganoff, green beans, & applesauce, served with milk	Macaroni & cheese, peas, & watermelon, served with milk	Chicken salad tortilla wrap, fresh oven-baked potato wedges with ketchup, & cinnamon pears, served with milk	Chicken noodle soup, whole grain crackers, cheese slice, & carrot sticks, served with milk	Bean & cheese burrito, Mexican rice, fresh lettuce salad, & whole cranberry sauce, served with milk
SNACK	Fresh vegetable sticks & whole grain crackers, served with water	Cottage cheese & pineapple, served with water	Cinnamon apples on a whole grain tortilla, served with water	Broccoli with ranch dip, served with water	Peaches & whole grain granola, served with water