

Weekly Menu

Week Two



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Whole grain waffles with maple syrup & pears, served with milk	Egg & cheese breakfast wrap on whole grain tortilla served with oranges & milk	Whole grain toasted O cereal & melon, served with milk	Whole grain blueberry breakfast bake & bananas served with milk	Whole grain blueberry muffin & a yogurt cup, served with milk
SNACK	Fresh vegetable stick with hummus, served with water	Whole grain crackers, cream cheese, & shredded veggies, served with 100% apple juice	Mozzarella cheese stick wrapped in deli-style turkey, served with water	Fresh apple slices & cheese slices, served with water	Tri-colored tortilla strips & tomato salsa, served with water
LUNCH	Sloppy joe on a whole grain bun, corn, pickles, & peaches, served with milk	Southwestern bake, fresh vegetables, & pineapple, served with milk	Cheesy Italian pizza, broccoli & applesauce, served with milk	Chicken & rice soup with whole grain crackers, carrots, peaches, served with milk	Homemade meatloaf, mashed potatoes, buttered peas, served with cranberry sauce & milk
SNACK	Fresh apple wedges topped with SunButter & granola, served with water	Greek yogurt & graham crackers, served with water	Whole grain trail mix, served with milk	Whole grain crackers topped with tuna salad, served with water	Fresh fruit cups, served with whole grain granola & water