

## SAMPLE MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
2		1	2	3	4
Breakfast		Milk	Milk	Milk	Milk
Lunch		Cinnamon Raisin Bagel/Pears	Banana/Bread	HB Egg/English Muffin	Orange Wedges/Cereal
Snack		Chicken Nuggets/Bread	Salisbury Steak/Peas & Carrots	Chicken & Vegetables/Noodles	Turkey Sandwich
		Broccoli/Applesauce	Fresh Fruit/Macaroni & Cheese	Sweet Potatoes/Fruit Salad	Mashed Potatoes/Salad
		Corn Muffin	Soynut Butter/Apple Slices	Yogurt/Orange Juice	Tuna Salad/Crackers
3	7	8	9	10	11
Breakfast	Milk	Milk	Milk	Milk	Milk
Lunch	Yogurt/Peaches/Cheerios	Oranges/Raisin Bread	Cheese Slice/Fresh Fruit/Cereal	Cinnamon Apples/Muffin	HB Egg/Banana/Muffin
Snack	Sloppy Joes/Bun	Pulled Chicken/Roll	Meatloaf/Bread	Spaghetti & Meat Sauce	Pizza
	Green Beans/Pineapple	Mixed Vegetables/Apple Slices	Mashed Potato/Fruit Cocktail	Carrots/Salad	Peas/Pears
	Soynut Butter/Bread	Cheese Slices/Crackers	Grape Juice/Pita Bread	Sun Chips	Cheese Stick/Orange Slices
4	14	15	16	17	18
Breakfast	Milk	Milk	Milk	Milk	Milk
Lunch	Yogurt/Fruit Cocktail/Muffin	Applesauce/Life Cereal	Cheese Slice/Fresh Fruit/Bread	Peaches/English Muffin/Butter	Banana/Cheerios
Snack	Chicken Alfredo/Pasta	Chicken Nuggets/Roll	Bean Burrito/Tortilla	Chop Suey/Noodles	Cheeseburger
	Green Peas/Pineapple	Mixed Vegetables/Squash	Carrots/Broccoli	Mashed Potatoes/Salad	Tater Tots/Pears
	Whole Grain Crackers	Soynut Butter/Bread	Orange Wedges/Crackers	Yogurt/Grape Juice	Muffin/Cheese/Tomato Sauce
5	21	22	23	24	25
Breakfast	Milk	Milk	Milk	Milk	Milk
Lunch	Cheese Slice/Raisins/Cereal	Pears/Bagel	Yogurt/Pineapple/Cheerios	Banana/Blueberry Muffin	HB Egg/Applesauce/Bread
Snack	Turkey Roast/Gravy/Corn	Black Beans & Rice	Scrambled Eggs/Pancakes	Tuna Salad Sandwich	Baked Fish/Roll
	Peaches/Macaroni & Cheese	Broccoli/Mixed Fruit	Red Potatoes/Clementine Wedges	Mixed Vegetables/Fresh Fruit	Carrots/Salad
	Orange Juice/Crackers	Yogurt/Fruit Salad	Apple Slices/Cheese Crackers	Bean Dip/Sun Chips	Raisin Bread
1	28	29	30	31	
Breakfast	Milk	Milk	Milk	Milk	
Lunch	Apple Juice/Blueberry Bagel	Pears/Cheerios	Cheese Slice/Raisins/Bread	Cinnamon Apples/Life Cereal	
Snack	Baked Turkey/Bread	Chicken Tetrazzini/Pasta	Beef Stroganoff/Egg Noodles	Breaded Fish/Roll	
	Sweet Potatoes/Cole Slaw	Broccoli/Applesauce	Cauliflower/Fresh Fruit	Mixed Vegetables/Oranges	
	Yogurt/Mixed Fruit	Fruit Salad/Blueberry Muffin	Peaches/Cheese Crackers	Cottage Cheese/Pineapple/Bread	