

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> AM Snack	Cereal, Fruit	Apple Pie Pinwheels, Fruit	Pancakes, Fruit	Bagels, Cream Cheese, Fruit	Assorted Fruit, Yogurt
LUNCH	Chicken Tenders, BBQ Sauce Fruit, Veg	Grilled Cheese, Tomato Soup, Fruit	Caribbean Fish, Rice and Beans, Veg	Turkey Meatloaf, Mashed Potatoes, Veg	Beef Stew, Dinner Roll
PM Snack	Banana Muffins, Fruit	Dill Dip, Pita, Cucumbers	Cheese, Crackers, Fruit	Pasta Salad, Fruit	Sweet Chex Mix, Fruit
<b>Week 2</b> AM Snack	Cereal, Fruit	Apple Sauce, Granola	Yogurt Parfaits	Cinnamon Pita, Fruit Sauce	Baked Oatmeal, Fruit
LUNCH	Teriyaki Beef Meatballs, Fried Rice, Veg	Chicken Alfredo, Veg, Fruit	Loaded Perogies, Veg, Fruit	Fish Sticks, Tartar Sauce, Dilly Orzo, Fruit	Butternut Squash Soup, Bread, Fruit
PM Snack	Cheesy Bagel Bites, Fruit	Roasted Red Pepper Hummus, Pita, Veggies	Pumpkin Loaf, Fruit	Herb And Garlic Cream Cheese, Celery, Assorted Crackers	Spice Muffins, Fruit
<b>Week 3</b> AM Snack	Cereal, Fruit	Baguette, Jam, Fruit	Fruit Salad, Yogurt	Cottage Cheese, Fruit	Cinnamon Toast, Fruit Sauce
LUNCH	Hungarian Pork Goulash, Baguette	Lentil Mac and Cheese, Fruit, Veg	Grilled Chicken Ranch Wraps, Fruit	Spaghetti And Meatballs, Veg	Vegetable Curry, Rice
PM Snack	Cheesecake Dip, Graham Crackers, Fruit	Chips, Salsa, Fruit	Apple Crisp	Veggie Roll-Ups, Fruit	Pretzels, Cheese, Fruit
<b>Week 4</b> AM Snack	Cereal, Fruit	Fruit Pizza	Croissants, Fruit	Fruit Smoothies	English Muffins, Jam
LUNCH	Bean Chili, Dinner Roll	Sweet & Sour Pork, Rice, Veg	Chicken Paprikash, Couscous, Veg	Tuna Casserole, Veg	Beef Tacos
PM Snack	Banana Cream Cheese Wraps	Crudit� Veg, Ranch, Fruit	Blueberry Apple Sauce, Graham Crackers	Pizza Pinwheel, Fruit	Granola Bars, Fruit

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