

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 AM Snack	Cereal, Fruit	Cottage Cheese, Fruit Salad	Rice Cakes, Fruit Sauce	Banana Cream Cheese Wraps	Hashbrown Casserole, Fruit
LUNCH	Chicken Tenders, Fruit, Veg, Sweet & Sour Dipping Sauce	Veggie Pizza, Fruit	Beef And Rice Bowls	Scoobi Doo Pasta, Tomato Sauce, Veg	Turkey And Cheese Sandwiches, Fruit
PM Snack	Spinach And Cheese Pinwheels, Fruit	Apple Berry Sauce, Granola	Dill Pickle Dip, Pita, Fresh Veg	Whole Wheat Bread, Cinnamon Spread, Fruit	Coconut Trail Mix, Fruit
Week 2 AM Snack	Cereal, Fruit	Pancakes, Fruit	Yogurt Parfaits	Graham Crackers, Wow Butter, Fruit	Apple Sauce, Fairy Toast
LUNCH	Vegetarian Lasagna, Fruit	Mexi Fish, Tomato Rice, Veg	Grilled Cheese, Fruit, Veg	Chicken Salad Croissants, Fruit Veg	Beef Tacos, Fruit
PM Snack	Peach Muffins, Fruit	Taco Dip, Nacho Chips, Fruit	Assorted Bread, Sunflower Butter, Fruit	Banana Bread, Fruit	Cheese, Crackers, Fruit
Week 3 AM Snack	Cereal, Fruit	Toasted Bread, Apple Butter	Cinnamon Pinwheels, Fruit	Blueberry Bagels, Cream Cheese, Fruit	Yogurt, Assorted Fruit
LUNCH	Pulled Pork On A Bun, BBQ Sauce, Fruit, Veg	Lentil Mac & Cheese, Fruit, Veg	Greek Chicken Bowls	Cheeseburger Sliders, Fruit	Fish Sticks, Dilly Orzo, Tartar Sauce, Veg
PM Snack	Fruit Salad	Whole Wheat Crackers, Fresh Veg, Fruit	Tzatziki, Pita, Fresh Veg	Pizza Dippers	Chips And Guacamole, Fruit
Week 4 AM Snack	Cereal, Fruit	Melba Toast, Strawberry Cheeseball	Hot Oatmeal, Fruit	English Muffins, Jam, Fruit	Smoothie Bowls
LUNCH	Chicken Caesar Wraps, Fruit	Tuna Melts, Fruit	BBQ Meatballs, Couscous, Veg	Teriyaki Chicken, Rice, Veg	Picnic Lunch

PM Snack	Pretzels, Cheese, Fruit	Peach Cobbler	Cheesy Taquitos, Fruit	Spinach Dip, Pita, Fruit	Summer Berry Muffins, Fruit
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