

WEEK 1-

MONDAY



Breakfast

Toast  
Apples  
Milk

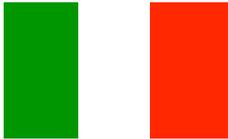
Lunch

Tomato Soup  
Cheesy Bread  
Bananas  
Cantaloupe  
Milk

Snack

Gold Fish Crackers  
Juice

TUESDAY



Breakfast

Bagels  
Oranges  
Milk

Lunch

Chicken & Sun Dried Tomato  
Pasta Bake  
Melon  
Cucumber  
Milk

Snack

Ritz Crackers  
Milk

WEDNESDAY



Breakfast

Muffins  
Bananas  
Milk

Lunch

Tuna Quesadillas w/  
Avocado  
Tomato  
Sour Cream  
Milk

Snack

Cheezit Crackers  
Milk

THURSDAY



Breakfast

Waffles  
Strawberries  
Milk

Lunch

Ploughman's Lunch  
Fruit Salad  
Milk

Snack

Whole Grain Crackers  
Milk

FUN FRIDAY

Breakfast

Toast  
Kiwi Fruit  
Milk

Lunch

Barbecue or  
Picnic  
Baked Beans  
Fresh Fruit Salad  
Milk

Snack

Vanilla Wafers  
Milk

WEEK 2

MONDAY



Breakfast

Toast  
Apples  
Milk

Lunch

Brazilian Shrimp Stew  
Rice  
Black Beans  
Fruit Salad  
Milk

Snack

Vanilla Wafers  
Milk

TUESDAY



Breakfast

Raisin Bread  
Bananas  
Milk

Lunch

Teriyaki Beef Noodles  
Broccoli  
Melon  
Milk

Snack

Ritz Crackers  
Milk

WEDNESDAY



Breakfast

Muffins  
Strawberries  
Milk

Lunch

Harvest Mac N' Cheese  
Green Beans  
Apples  
Milk

Snack

Graham Crackers  
Milk

THURSDAY



Breakfast

Toast  
Apples  
Milk

Lunch

Chicken Paella  
Salad  
Melon  
Milk

Snack

Crackers  
Milk

FRIDAY



Breakfast

Bagels  
Oranges  
Milk

Lunch

Chicken Fettuccini  
Broccoli  
Fruit Salad  
Milk

Snack

Crackers  
Milk

WEEK 3

MONDAY



Breakfast

Raisin Bread  
Kiwi  
Milk

Lunch

Canelones  
Green Beans  
Oranges  
Milk

Snack

Ritz Crackers  
Milk

TUESDAY



Breakfast

Toast  
Apples  
Milk

Lunch

Roast Chicken  
Stuffing  
Mash Potatoes  
Mix Vegetable  
Gravy  
Milk

Snack

Graham Crackers  
Milk

WEDNESDAY



Breakfast

Waffles  
Bananas  
Milk

Lunch

Butter Chicken  
Basmati Rice  
Raisins & Cucumber  
Milk

Snack

Triscuit Crackers  
Juice

THURSDAY



Breakfast

Muffins  
Oranges  
Milk

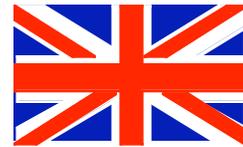
Lunch

Beef & Veg. Chili  
Garlic Bread  
Fruit Salad  
Milk

Snack

Crackers  
milk

FRIDAY



Breakfast

Toast  
Strawberries  
Milk

Lunch

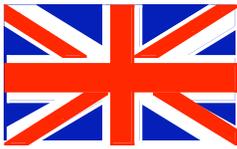
Crab Cakes  
Fruit Salad  
Lemon Relish  
Bread  
Milk

Snack

Goldfish  
Milk

WEEK 4

MONDAY



Breakfast

Muffins  
Apples  
Milk

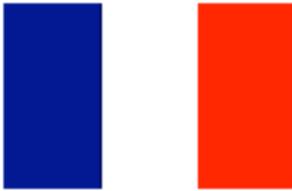
Lunch

Bangers & Mash  
Sage Stuffing  
Onion Gravy  
Strawberries  
Milk

Snack

Cheezits  
Milk

TUESDAY



Breakfast

Toast  
Oranges  
Milk

Lunch

Beef Bourguignon  
Sour Cream Mashed Potatoes  
Carrots  
Rice  
Milk

Snack

Crackers  
Milk

WEDNESDAY



Breakfast

Raisin Bread  
Pears  
Milk

Lunch

Chinese Chicken &  
Cashew Fried Rice  
Pineapple  
Oranges  
Milk

Snack

Graham Crackers  
Milk

THURSDAY



Breakfast

Peanut Butter Toast  
Bananas  
Milk

Lunch

Spaghetti Bolognese  
Noodles  
Fruit Salad  
Milk

Snack

Crackers  
Milk

FRIDAY



Breakfast

Muffins  
Oranges  
Milk

Lunch

Tuna & Avocado Sandwiches  
Apple Slices  
Salad  
Milk

Snack

Ritz Crackers  
Milk