

MENU 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	English Muffin	WG Cereal	Fruit Bread	WG Oatmeal	WG Pancakes / Waffles
	Pears	Apples	Strawberries	Cherries	Bananas
	1% Over 2/ Whole Under 2	1% Over 2/ Whole Under 2	1% Over 2/ Whole Under 2	1% Over 2/ Whole Under 2	1% Over 2/ Whole Under 2
AM SNACK					
LUNCH	Beef Ground	Salmon	Ham	Red / Kidney Beans	Egg
	Spaghetti Noodles	WG Brown Rice	WG Crackers	Flour Tortillas	Biscuits
	Zucchini	Spinach	Broccoli	Spinach	Carrots
	Tomato Sauce	Kiwi	Oranges	Pears	Kiwi
	1% Over 2/ Whole Under 2	1% Over 2/ Whole Under 2	1% Over 2/ Whole Under 2	1% Over 2/ Whole Under 2	1% Over 2/ Whole Under 2
PM SNACK	Rice crackers	Cheddar Cheese	Fig bars	Yogurt	Parmesan Cheese
	Apricots	Enriched Crackers	Pumpkin Seeds	Blueberries	Potato, Roasted