

MENU 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Pancakes / Waffles	Flax Cereal	Fruit Bread	WG Oatmeal	English Muffin
	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	Ham	Beef steak	Chicken	Pork	Salmon
	WG Bread	WG Tortillas	WG Noodles	Biscuits	WG Brown Rice
	Carrots	Spinach	Green Beans	Bell peppers	Brussels Sprouts
	Oranges	Tomatoes	Oranges	Watermelon	Apple
	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	Cheddar Cheese	Rice Cakes	Lowfat cheese	Hummus	Peanut butter
	Enriched Crackers	Cherries	Carrots	Enriched Crackers	Celery