

Sample Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Waffles with bacon, fresh fruit and milk	Breakfast burritos made with turkey sausage, eggs and cheese. Served with fresh fruit and milk	Sheet pan eggs made with ham and cheese served with fresh fruit and milk	Cereal served with fresh fruit and milk	Biscuits and gravy served with fresh fruit and milk
AM Snack	Cottage cheese with pineapple	Yogurt with animal crackers	Cucumbers and carrots with ranch	No bake cheerio bars	Apples and peanut butter dip
Lunch	Buttered noodles with vegetables and milk	Taco Tuesday! Tacos served with ground turkey, refried beans, lettuce, cheese, tortillas and milk	Chicken and cheese quesadillas served with vegetables and milk	Cheeseburgers with baked beans, vegetables and milk	Lasagna bake served with salad and milk
PM Snack	Chex mix	Nutrigrain bars and peaches	Watermelon	Cheese cubes and crackers	Pita bread and veggies with hummus