

WEEK 1					
	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	Fruit & Crackers	French Toast	Breakfast Muffin	Cereal & Milk	Breakfast Pastry
LUNCH	Homemade Mac & Cheese with baked seasoned chicken, fresh vegetables	Hamburgers with cheese and pickles	Tomato Soup with deli meat, goldfish and milk	Baked Ham, with Roasted Potatoes, cooked corn	Homemade Sloppy Joes with Buns, and fresh fruit
PM SNACK	Fruit & Cream Cheese Roll up OSC: Homemade Mac & Cheese	Rice Krispie Squares	Cheese Sticks	Loaf	Jello and Fruit
WEEK 2					
AM SNACK	Yogurt and Granola	Toast with Jam	Cereal and Milk	Oatmeal Muffin	Homemade Apple sauce & Crackers
LUNCH	Lemon Pepper baked Cod, with seasoned fries, cooked peas and milk	Homemade Chicken Rice Soup with a side of fresh veggies and milk	Stroganoff with side of fresh vegetables and milk	Chow Mein with Onion Cakes and milk	Roast Pork & Potatoes with fresh fruit and Milk
PM SNACK	Veggies and Dip	Muffin	Salad with cheese	Warm Naan Bread brushed lightly with oil and spices	Fruit and Crackers

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Revised April 2017

WEEK 3					
	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	Oatmeal	Fruit & Crackers	Breakfast Monkey Bread	Cereal and Milk	Pancakes with Fruit Topping
LUNCH	Chicken Nuggets with Fries and fresh veggies	Pasta & creamy Tuna sauce with fresh veggies	Tomato Curry Chicken seved with Rice and Milk	Pork Wonton Soup with Crackers, veggies and milk	Savory Beef Shepard's Pie with Milk
PM SNACK	Crackers and Cheese	Loaf	Ham & Cheese Pin Wheels	French Fries	Popcorn & Dried Fruit
WEEK 4					
AM SNACK	Scrambled Eggs with Milk	Cinnamon Raisin Toast	Fruit & Milk	Cereal & Milk	Cheese Biscuits
LUNCH	Baked Chicken & Potatoes with cooked Peas	Beef Taco Salad with Cheese	BBQ Pulled Pork with buns, fresh veggies and milk	Homemade lasagna served with fresh fruit and Milk	Chicken Noodle soup served with veggies and milk
PM SNACK	Fruit & Crackers	Cookies & Milk	Carrot Muffins	Salad	Yogurt

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WEEK 5					
	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	Fruit & Crackers	Toast with Jam	Fruit Smoothy	Cereal and Milk	Breakfast Bar
LUNCH	Meat Loaf with Tortilla wedges, cooked corn and Milk	Pork soup with potatoes and veggies served with milk	Pancett - Rice Noodles, Chicken, veggies. Served with Milk	Butter Chicken and Rice with fresh fruit	Hot Dogs & Salad
PM SNACK	Garlic Toast	Crackers & Deli Meat	Loaf	Veggies and Hummas	Fruit and Cream Cheese Dip OSC: Hot Dogs
WEEK 6					
AM SNACK	Fruit & Milk	Cereal & Milk	Blueberry Bran Muffins	Applesauce & Crackers	Pancakes & Syrup
LUNCH	Filipino Pork Torta(Stir Fry) with Rice , veggies and milk	Beef Chili with Cheese and fresh veggies	Cream of Chicken Soup with fresh veggies and crackers	Cheese & Potatoe Perogies with Turkey Sausages, fresh veggies and Milk	Baked Chicken & Potatoes with cooked mixed Veggies and Milk
PM SNACK	Muffin	Cookies & Milk	Granola Bar	Crunchy Taco Cups OSC: Pancakes & Fruit Topping	Fruit & Chocolate Roll Up

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WEEK 7					
	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	Scrambled Eggs and Cheese	Cereal & Milk	Fruit & Crackers	Oatmeal	Bagels with Cream Cheese
LUNCH	Roast Beef with Mashed Potatoes, cooked peas and Milk	Grilled Cheese Sandwiches with Baked Beans, fresh veggies	Baked Honey Marinated Cod with Rice, Veggies & Milk	Cheese and/or Ham Pizza with fresh veggies	Beef Soup with Crackers, veggies and Milk
PM SNACK	Fruit Pizza	Loaf	Nacho's	Brownies & Fruit	Pork & Veggie Spring Rolls
WEEK 8					
AM SNACK	Yogurt	Cereal & Milk	Fruit & Milk	Ham Biscuits	English Muffins & Jam
LUNCH	Meatballs, Mashed Potatoes and Gravy with fresh veggies and Milk	Chicken Stir Fry with Rice, fresh veggies and milk	Deli Meat Sandwiches and cheese, pickles	Pasta with Beef Meat Sauce, fresh veggies and milk	Pork Stew with potatoes, veggies and milk
PM SNACK	Muffin	Salad	Trail Mix	Fruit Cobbler and Ice Cream	Cheese Quesadillas

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