

## School Year Menu – Week #2

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>A.M. Snack</b>	Hot cereal with milk (cooked oats)  Blueberries  Milk and water	Plain yogurt with honey and bran flakes cereal topping  Raspberries  Milk and water	Rice cakes with apple butter and pea butter spreads  Bananas  Milk and water	Whole wheat bagels with cream cheese  Cantaloupe chunks  Milk and water	Cereal with milk (Bran flakes and Cheerios)  Kiwi  Milk and water
<b>Lunch</b>	Chicken Caesar wraps on whole wheat tortilla flats with grated marble cheese and shredded lettuce  Steamed corn  Carrot coins  Milk and water	Vegetarian Chow Mein with tofu, pea and carrots  Creamy cabbage and carrot coleslaw  Milk and water	Roast beef with homemade gravy dipping sauce  Whole wheat dinner rolls with sliced mozzarella  Roasted potatoes  Steamed broccoli  Milk and water	Vegetable soup with quinoa, onions, celery, corn, carrots and peas  Egg and tuna sandwiches on whole grain bread  Milk and water	Beef stir fry with snow peas, onions, carrots and broccoli  Basmati rice  Cucumber slices  Milk and water
<b>P.M. Snack</b>	Trail mix with popcorn, pretzels, dried apricots and dried cranberries  Bartlett pears  Milk and water	Homemade blueberry lemon loaf  Red grapes  Milk and water	Pea butter and banana rollups on whole wheat tortilla flats  Kiwi  Milk and water	Organic crackers with mozzarella cheese cubes  Granny Smith apples  Milk and water	Applesauce with rice cakes (strawberry and apple varieties)  Oranges  Milk and water
<b>2<sup>nd</sup> P.M. Snack</b>	Bartlett pears  Milk and water	Red grapes  Milk and water	Kiwi  Milk and water	Granny Smith apples  Milk and water	Oranges  Milk and water