

### School Year Menu – Week #3

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>A.M. Snack</b>	<p>Cereal with milk (Crispix and Cheerios)</p> <p>Red delicious apples</p> <p>Milk and water</p>	<p>Rice cakes with applesauce (strawberry and apple varieties)</p> <p>Bananas</p> <p>Milk and water</p>	<p>Hot cereal with milk (cooked oats)</p> <p>Strawberries</p> <p>Milk and water</p>	<p>Whole grain toast with boiled eggs</p> <p>Kiwi</p> <p>Milk and water</p>	<p>Cereal with milk (Bran flakes and Cheerios)</p> <p>Blueberries</p> <p>Milk and water</p>
<b>Lunch</b>	<p>Chicken fried rice with corn, peas and carrots</p> <p>Garden salad tomatoes, cucumbers, romaine hearts and vinaigrette dressing</p> <p>Milk and water</p>	<p>Whole wheat spaghetti with homemade cream sauce (tofu and parmesan)</p> <p>Caesar salad with homemade croutons and homemade Caesar dressing</p> <p>Milk and water</p>	<p>Whole wheat submarine sandwiches with baked chicken breast slices, tomatoes, lettuce and mozzarella slices</p> <p>Couscous salad with shredded carrots, red onions, cucumber and black olives</p> <p>Milk and water</p>	<p>Potato and leek soup with tofu</p> <p>Whole wheat pita bread with hummus dip</p> <p>Cauliflower florets</p> <p>Milk and water</p>	<p>Chili con carne (with lean ground beef) with orange and green peppers, celery, onions, tomato sauce and red kidney beans</p> <p>Buttered whole wheat dinner rolls</p> <p>Carrot coins</p> <p>Milk and water</p>
<b>P.M. Snack</b>	<p>Whole wheat bread sticks with hummus dip</p> <p>Mangoes</p> <p>Milk and water</p>	<p>Homemade pumpkin loaf</p> <p>Honeydew melon chunks</p> <p>Milk and water</p>	<p>Whole wheat and whole grain bagels with cream cheese</p> <p>Bananas</p> <p>Milk and water</p>	<p>Plain yogurt with homemade granola topping</p> <p>Green grapes</p> <p>Milk and water</p>	<p>Whole wheat nachos with salsa</p> <p>Golden delicious apples</p> <p>Milk and water</p>
<b>2<sup>nd</sup> P.M. Snack</b>	<p>Mangoes</p> <p>Milk and water</p>	<p>Honeydew melon chunks</p> <p>Milk and water</p>	<p>Bananas</p> <p>Milk and water</p>	<p>Green grapes</p> <p>Milk and water</p>	<p>Golden delicious apples</p> <p>Milk and water</p>