

School Year Menu – Week #1

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	<p>Cereal with milk (Bran flakes and Cheerios)</p> <p>Blueberries</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>Raspberries</p> <p>Milk and water</p>	<p>Toasted whole wheat English muffins with apple butter and pea butter spreads</p> <p>Kiwi</p> <p>Milk and water</p>	<p>Cereal with milk (Bran flakes and Cheerios)</p> <p>Red grapes</p> <p>Milk and water</p>
Lunch	<p>Honey garlic chicken</p> <p>Basmati Rice</p> <p>Steamed broccoli and carrot sticks</p> <p>Milk and water</p>	<p>Whole wheat penne pasta with spinach, cheese and tomato cream sauce</p> <p>Bean salad with yellow, green and white beans, red onions, diced tomatoes, shredded carrots, chick peas and vinaigrette dressing</p> <p>Milk and water</p>	<p>Beef tacos (on whole wheat tortilla flats or hard taco shells) with sour cream, shredded lettuce, tacos sauce and shredded cheese</p> <p>Orzo salad with cucumbers, diced tomatoes, red onions, oil and vinegar dressing</p> <p>Milk and water</p>	<p>White bean soup with carrots and potatoes</p> <p>Whole wheat Kaiser buns with sliced marble cheese</p> <p>Orange bell pepper slices</p> <p>Milk and water</p>	<p>Baked casserole with whole wheat rotini, ground beef, corn, parmesan cheese and homemade tomato sauce</p> <p>Garden salad with romaine lettuce, red onions, cherry tomatoes salad and homemade ranch dressing</p> <p>Cucumber slices</p> <p>Milk and water</p>
P.M. Snack	<p>Vegetable Platter with French onion dip (baby carrots, cucumbers and celery sticks)</p> <p>Red mangoes</p> <p>Milk and water</p>	<p>Homemade carrot loaf</p> <p>Cantaloupe chunks</p> <p>Milk and water</p>	<p>Trail mix with dried fruit (Crispix, Shredded Wheat, Cheerios & Rice Krispies cereals with dried banana chips and Craisins™)</p> <p>Bosc pears</p> <p>Milk and water</p>	<p>Homemade zucchini coca loaf</p> <p>Red delicious apples</p> <p>Milk and water</p>	<p>Melba toast with pea butter and apple butter spreads</p> <p>Oranges</p> <p>Milk and water</p>
2nd P.M. Snack	<p>Red mangoes</p> <p>Milk and water</p>	<p>Cantaloupe chunks</p> <p>Milk and water</p>	<p>Bosc pears</p> <p>Milk and water</p>	<p>Red delicious apples</p> <p>Milk and water</p>	<p>Oranges</p> <p>Milk and water</p>