

Sample Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	fruit salad and glass of milk	strawberries and yogurt	bananas and milk	mango and yogurt	orange and cottage cheese
Lunch	spaghetti, bread, cucumber slices, apple and milk	tomato soup, grill cheese, peas and corn, grapes and milk	macaroni and cheese, carrots, red pepper, apples, and milk	chicken and potato, broccoli and cauliflower, banana and milk	rice, meat balls, zucchini, carrots, peaches, and milk.
PM Snack	pita bread, cheese and kielbasa	crackers, cheese and ham	cottage cheese, peaches and a muffin	apples, pita bread, yogurt	muffin, grapes and cheese