

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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AM	Multigrain bagels, cream cheese, raspberries, milk	Special K cereal, pineapple, milk	Egg salad on flaxseed wraps, canteloupe, milk	Shreddies cereal, strawberries, milk	Breton crackers, cheese cubes, oranges, milk
LUNCH	Chicken alfredo with fettucine noodles, peas/carrots, cherry tomatoes, WW bread, milk	Hungarian Beef goulash, herbed rice, baby carrots, WW bread, bananas, milk	Hamburger, WW bun, cabbage/carrot/red pepper coleslaw, pears, milk	Cheese tortellini with tofu rose sauce, broccoli, red pepper, oranges, WW bread, milk	Filet of sole, mushroom sauce, penne pasta, mix veg., green peppers, WW bread, apples, milk
PM	Plain rice cakes apple butter, carrots, milk	WOW butter, melba toast, banana, milk	Marble cheese cubes, WW bread sticks, cucumbers, milk	WW pitas, hummus, oranges, milk	Unsweetened applesauce, WW crackers, milk
THIRD	pears, water/milk	apples, milk/water	oranges, milk/water	pears, milk/water	bananas, milk/water

Where it states chicken/beef, veggie "meatballs", "meat" patties, ground "meat" is substituted to resemble as nearly as possible the menu item listed. Legumes	Legumes are also provided for all children.	Toddler raw veggies are microwaved for one minute before serving.	Water is available with every meal. AM food is snack and not breakfast.	Menu is subject to change based on seasonal availability.
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