



## Sample Menu

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning Snack</b>	French Toast Sticks *Fruit Milk	Raisin Bran Cereal *Fruit Milk	Egg and Cheese English Muffin *Fruit Milk	Warm Croissant with Jelly *Fruit Milk	Warm Zucchini Bread *Fruit Milk
<b>Lunch</b>	Turkey Meatball Sub on Whole Wheat Roll California Blend Vegetables *Fruit Milk  <b>V</b>	Whole Wheat Spaghetti with Marinara Mixed Vegetables *Fruit Milk  <b>V</b>	Sun-Butter and Jelly Sandwich Cucumbers *Fruit Milk  <b>V</b>	Creamy Macaroni and Cheese Sweet Green Peas *Fruit Milk  <b>V</b>	Chicken Teriyaki with Brown Rice Sweet Yellow Corn *Fruit Milk  <b>V</b>
<b>Afternoon Snack</b>	Fresh Baby Carrots with Ranch Mozzarella Cheese Sticks 100% Apple Juice	Nilla Wafers with Fresh Bananas Water	Townhouse Crackers with Applesauce Water	Saltine Crackers with Cheese 100% Apple Juice	Vanilla Pudding with Animal Cookies Water

\*Fresh fruit or fruit in natural juices only – no added sugars

**V= Veggie Option**