

SAMPLE MENUS  
WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Ready-to-eat cereal bananas milk	Whole wheat toast melon milk	Waffles mixed fruits milk	Banana-bread grapes milk	Eggs toast hashbrown potatoes milk
AM Snack	Peanut butter celery sticks	Mixed raw veggies cheese dip	Muffins 100% juice	Cheese mixed raw veggies	English muffins mixed fruits
Lunch	Tacos: ground meat, cheese, tomato, lettuce, taco shells melon milk	Sloppy joes: ground meat, tomato sauce, buns corn pears milk	Chicken bread corn grapes milk	Peanut butter sandwich cheese slices carrot sticks mixed fruits milk	Macaroni & cheese peas peaches milk
PM Snack	Fruit plate (mixed fruits) crackers	Bread sticks milk	Peanut-butter apples	Bagels applesauce	Homemade cookies 100% juice

WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	English muffins melon milk	French toast peaches milk	Hot cereal apples & raisins milk	Eggs toast pears milk	Coffee cake cantaloupe milk
AM Snack	Bread sticks cheese spread	Yogurt mixed fruits	Cheese tortillas	Melon crackers	Pretzels 100% juice
Lunch	Meatloaf bread baked potatoes peaches milk	Spaghetti with meat sauce: ground meat, noodles, tomato sauce bread lettuce salad mixed fruit milk	Corn dogs baked beans grapes milk	Chef salad: ham, turkey, cheese, lettuce, tomatoes bread apples milk	Pizza: meat, cheese, crust, tomato sauce lettuce salad mixed fruits milk
PM Snack	Muffins fruit plate (mixed fruits)	Bananas milk	Cottage cheese mixed fruits	Mixed raw veggies cheese dip	Homemade brownies milk

WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Bagel	Muffins	Toast	Ready-to-	Breakfast

	100% juice milk	bananas milk	mixed fruits milk	eat- cereal bananas milk	pizza melon milk
AM Snack	Cheese apples	Crackers 100% juice	Yogurt mixed fruits	Cheese cubes pineapple	Cinnamon rolls 100% juice
Lunch	Lasagna: ground meat, cheese, noodles, tomato sauce mixed fruit lettuce salad milk	Hamburgers bun green beans peaches milk	Baked potato bar: assorted cheese and/or meat toppings bread carrots grapes milk	Eggs toast hashbrown potatoes peaches milk	Hot dogs (franks) buns potatoes oranges milk
PM Snack	Trail mix (peanuts, sun seeds, raisins) milk	Cheese pretzles	English muffins 100% juice	Peanut butter crackers apple slices	Homemade cookies milk

WEEK 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Hot cereal apples & raisins milk	Crackers peanut butter pineapple milk	Cheese tortillas orange juice milk	Pancakes berries milk	Toaster pastry 100% juice milk

AM Snack	Cheese crackers	Muffins milk	Cottage cheese mixed fruits	Melon crackers	Cinnamon toast baked apples
Lunch	Roast turkey bread- stuffing potatoes corn milk	Burritos: beans, cheese, tortillas lettuce salad apple wedges milk	Fish fillet bun peas oranges milk	Ham & cheese sandwich vegetable beef soup pears milk	Chicken nuggets bread peas applesauce milk
PM Snack	Peanut - butter celery sticks	Toast milk	Fruit plate (mixed fruits) crackers	Cheese mixed raw veggies	Homemade cake milk

WEEK 5

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Toast mixed fruits milk	Eggs toast pears milk	Pancakes applesauce milk	Bagel 100% juice milk	Plain doughnuts applesauce milk
AM Snack	Bagels 100% juice	Bread sticks 100%	Mixed raw veggies cheese dip	Crackers 100% juice	Cheese pretzles

		juice			
Lunch	Chicken, stir fry: broccoli or cauliflower, carrots, celery, onions waterchestnuts rice pineapple milk	Ham bread scalloped potatoes mixed fruit milk	Peanut butter sandwich cheese slices carrot sticks mixed fruits milk	Pasta salad: turkey egg, cheese, pasta of choice, broccoli melon	Pizza: meat, cheese, crust, tomato sauce lettuce salad mixed fruits milk
PM Snack	Crackers milk	Mixed raw veggies yogurt dip	Ready-to-eat cereal milk	Trail mix (peanuts, sun seeds, raisins) milk	Homemade brownies milk

WEEK 6

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	French toast peaches milk	Ready-to-eat cereal bananas milk	Banana bread grapes milk	Hot cereal 100% juice milk	Coffee cake cantaloupe milk
AM Snack	Cheese english muffins	Pretzels 100% juice	Cheese crackers	Muffins fruit plate	Peanut butter celery sticks
Lunch	Fish sticks bread green beans mixed	Pork chops rolls baked potato peas milk	Baked ham rice squash applesauce milk	Taco salad: ground meet, kidney beans, cheese, tomatoes,	Corn dogs baked beans grapes milk

fruit  
milk

lettuce  
rolls  
apple slices  
milk

PM Snack Quick  
bread  
milk

Cheese  
apples

Bread  
sticks  
100% juice

Rice pudding  
milk

Homemade  
cookies  
100% juice