

SUMMER MENU (June to October)

WEEK #1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Apples, cereal & Milk	Apple sauce, yogurt & water	Wraps, wow Butter, banana & milk	Berries, cereal & milk	Oranges, yogurt & water
LUNCH	Tuna & cheese on a toasted bun, cucumbers, peppers oranges & milk	Veggie chili, rice, cheese, cucumbers & milk	Spanish rice (ground beef, rice black, beans, peppers, tomato) corn, melon, milk	Ham & cheese sandwich wow butter & jam sandwich fruit salad & milk	Chicken cheese casserole, carrots, apples & milk
P.M. SNACK	Cereal mix, apples or apple sauce & water	Melon, cinnamon bread & water	Carrots, peppers crackers, hummus & water	Bananas, crackers & water	Oatmeal muffins, assorted fruit & water
WEEK # 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Apples, cereal & milk	Grapes, melon, cheese & water	Yogurt, berries granola & water	Crackers, wow butter, banana slices & milk	Toast, apple sauce & water
LUNCH	Chicken, bun, caesar salad, Strawberries & milk	Macaroni bean tomato soup cheese, crackers apples & milk	Broccoli chicken fettuccine, cucumbers, bananas & milk	Egg & cheese sandwiches, fruit salad & milk	Beef meatball subs(marinara sauce, cheese, lettuce) cucumbers, melon & milk
P.M. SNACK	Apples or apple sauce, Arrowroot crackers & water	Cucumbers, peppers, cinnamon bread & water	Oatmeal muffins, carrots & water	Cereal mix, apples & water	Assorted fruit, Cheese & water
WEEK #3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Apples, cereal & milk	Banana, cereal mix & water	Pineapple, strawberries, yogurt & water	Toast, berries & water	No bake oatmeal bites apple slices & water
LUNCH	Fish, rice, coleslaw oranges & milk	Chicken cheese Pizza, garden salad, grapes & milk	Veggie bean pasta salad, egg salad & cheese sandwiches bananas & milk	Parmesan pasta, beef marinara sauce, caesar salad, melon & milk	Wow butter & jam Sandwiches, veggie feta salad, melon & milk
P.M. SNACK	Goldfish crackers, cucumbers & water	Cheese, crackers cucumber & milk	Assorted fruit, Arrowroot crackers & water	Apple slices, Oatmeal cookies & milk	Assorted fruit, Cheese & water
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Apples, cereal & milk	Blueberries, yogurt & water	Oatmeal muffins, oranges & water	English muffins, wow butter, apples & milk	Berries, cereal & milk
LUNCH	Pineapple sweet & sour meatballs, rice Peppers, cucumbers & milk	Chicken cheese lettuce pita, cucumbers, apples & milk	White bean mac & cheese, broccoli, banana & milk	Beef tacos (ground beef, cheese, lettuce, pita) cucumbers, melon & milk	Veggie tuna cheese casserole, peas, bun, apples & milk
P.M. SNACK	Apples or apple sauce, crackers & water	Zucchini & carrot Sticks, crackers & water	Cheese, crackers, grapes & water	Frozen yogurt tubes, bananas water	Assorted fruit, arrowroot crackers water
WEEK #5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Apples, cereal & milk	Melon, cinnamon Bread & water	Toast, apple Sauce & water	No bake oatmeal bites melon & water	Oranges Banana muffins & water
LUNCH	Chicken fried rice (chicken, rice, peppers, celery) melon, strawberries & milk	Cheese mini pizza, bean pasta veggie salad oranges & milk	Cheese egg quiche, cucumbers peppers, ranch dip, crackers apples & milk	Taco bake (pasta, ground beef, beans, peppers, cheese) garden salad, bananas & milk	Tuna & wow Butter sandwiches, fruit salad & milk
P.M. SNACK	Crackers, cucumber, Peppers, ranch dip & water	Frozen yogurt tubes, pineapple & water	Pear & apple slices, cheese & water	Apple slices, cereal & milk	Cheese, assorted fruit & water