

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	Bananas,yogurt & water
LUNCH	Tuna & cheese on a toasted bun, cucumbers, peppers oranges & milk	Macaroni tomato bean soup, cheese,crackers, apples & milk	Spanish rice (ground beef, beans,tomatoe, peppers,corn) melon, milk	Ham & cheese, wow butter & jam sandwiches fruit salad & milk	Chicken cheese casserole, carrots & cucumbers, apples & milk
P.M. SNACK	Cereal mix, apples or apple sauce & water	Melon, cinnamon bread & water	Carrots,peppers crackers, hummus & water	Bananas, No bake oatmeal bites & water	Oatmeal muffins, assorted fruit & water
WEEK # 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
&A.M. SNACK	Apples, cereal & milk	Grapes, melon, cheese & water	Cereal, berries & Milk	Yogurt, berries granola & water	Graham crackers, apple sauce & water
LUNCH	Chicken, bun, caesar salad, oranges& milk	Veggie chili, rice, cheese apples & milk	Broccoli chicken fettuccine, cucumbers, bananas & milk	Beef meatball subs, cheese, lettuce, cucumber melon & milk	Egg salad & wow butter & jam sandwiches, fruit salad & 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	Apples, cereal mix & water	Pineapple, strawberries, yogurt & water	Toast, berries & milk	No bake oatmeal bites, apple slices & water
LUNCH	Wow butter & jam & cheese sandwiches, Fruit salad & milk	Chicken cheese pizza cucumbers,peppers, ranch dip,grapes & milk	Veggie pasta salad, egg salad & cheese sandwiches bananas & milk	Pasta with cheese, beef marinara sauce, caesar salad, melon & milk	Chickpea, cauliflower chicken,peppers,rice stir fry, breadsticks bananas, & milk
P.M. SNACK	Breadsticks, apple sauce& water	Cheese, crackers cucumber & water	Assorted fruit, arrowroot crackers & water	Apple slices, oatmeal muffins & water	Assorted fruit, cheese & water
Week #4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. SNACK	Apples, cereal & milk	Berries, yogurt & water	Oatmeal muffins, oranges & water	Naan bread, wow butter, apples & milk	Bananas, cereal & milk
LUNCH	Pineapple, pepper sweet & sour meatballs, rice, melon & milk	Tuna pita,cheese, cucumbers,peppers, apples & milk	White bean broccoli mac & cheese, , banana & milk	Ham & cheese wraps,cucumbers, melon & milk	Cheese quiche,cucumbers, peppers,crackers, apples & milk
P.M. SNACK	Apples or apple sauce,arrowroot crackers & water	Zucchini & carrot sticks, crackers & water	Cheese, apples, grapes & water	No bake oatmeal bites, bananas & water	Assorted fruit, fruit muffins & 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	Pears, banana muffins & milk
LUNCH	Chicken fried rice (chicken, rice, peppers, celery) melon,berries & milk	Cheese mini pizza, bean pasta veggie salad oranges & milk	Veggie tuna cheese,pea casserole, breadsticks, apples & milk	Taco bake (pasta, ground beef, beans, peppers, cheese) cucumbers, bananas & milk	Tuna & wow butter sandwiches, fruit salad & milk
&P.M. SNACK	Crackers, cucumber, peppers, ranch dip & water	Yogurt , berries & water	Pear & apple slices, cheese & water	Apple slices, cereal & milk	Arrowroot crackers, assorted fruit & water