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| **SUMMER MENU (June to October)** | | | | | |
| WEEK #1 | **MONDAY** | **TUESDAY** | Wednesday | **THURSDAY** | **FRIDAY** |
| **A.M. SNACK** | Apples, cereal  & milk | Granola, apple sauce & water | Yogurt, berries  & water | Greek yogurt fruit smoothie, bananas, | Cereal mix, apple slices  & water |
| **LUNCH** | Tuna, cheese, cucumber, cream cheese and cucumbers  sandwiches, fruit salad & milk | Beef meatballs, veggie rice, apples & milk | Egg salad & cheese sandwiches, garden salad & milk | Pasta bake with beans, tomatoes, zucchini and cheese,  fruit salad & milk | Chicken, cheese, caesar salad, garlic naan bread,melon,grapes  & milk |
| **P.M. SNACK** | Arrowroot crackers, bananas  & water | Cheese crackers,  cucumbers &water | Fruit muffins, apple & pear slices  & water | Veggies, dip, crackers &  Water | Cheese,  assorted fruit  & water |
| WEEK # 2 | **MONDAY** | **TUESDAY** | WEDNESDAY | **THURSDAY** | **FRIDAY** |
| **A.M. SNACK** | Apples, cereal  & milk | Grapes, melon,  cheese & water | Greek yogurt fruit smoothies &  bananas | Cereal, banana  slices & milk | Granola,  apple sauce  & water |
| **LUNCH** | Wow butter & jam, cheese & cucumber sandwiches  bananas, oranges & milk | Chicken, tomato  cheese, spaghetti  bake, casear salad  & milk | Egg salad & cheese sandwiches,  cucumbers, fruit salad & milk | Tuna pea cheese  pasta, breadsticks,  , apples & milk | Beef marinara meatball subs with cheese, veggies & dip & milk |
| **P.M. SNACK** | Arrowroot crackers, apples, pears & water | Oatmeal muffins, carrots  & water | Fruit muffin, melon  & water | Veggies, ranch dip, crackers & water | Assorted fruit,  cheese & water |
| **WEEK #3** | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **A.M. SNACK** | Apples, cereal  & milk | Wraps, wow butter, bananas & water | Berries, yogurt & water | Apple sauce, arrowroot crackers  & water | Cereal mix, bananas & water |
| **LUNCH** | Tuna cheese cucumber & cheese  sandwiches,  fruit salad & milk | Tomato bean macaroni soup, crackers pears, apples & milk | Veggie pasta salad, cheese  & egg salad  sandwiches  pears, peaches & milk | Beef, beans, peppers, celery,onion & cheese rigatoni, caesar salad,  & milk | Chicken cheese wraps and cheese sandwiches, veggies & dip,  apples & milk |
| **P.M. SNACK** | Wow butter on crackers,  apple slices &  water | Naan bread, cheese, cucumbers, peppers & water | Hummus, crackers cucumbers,  carrots & water | Frozen fruit yogurt bites, bananas  & water | Assorted fruit, cheese & water |
| **WEEK #4** | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **A.M. SNACK** | Apples, cereal  & milk | Greek yogurt fruit smoothies,  bananas | Oatmeal muffins, melon  & water | Berries, yogurt, granola & water | Cereal, bananas  & milk |
| **LUNCH** | Chickpea, pepper feta  cucumber pasta salad, naan  bread, apples,  pears & milk | Beef spaghetti with spinach, tomatoes & cheese, cucumbers  apples & milk | Egg salad & cheese sandwiches, veggie pasta salad, pears, nectarines  & milk | Chicken cheese  broccoli divan, rice, bananas  & milk | Toasted tuna & cheese on a bun,  garden salad, apples  & milk |
| **P.M. SNACK** | Bagels with cream cheese, strawberries  & water | Wow butter with crackers, apples  pears & water | Cheese, crackers cucumber & water | Carrots, cucumber, ranch dip,  crackers, water | Assorted fruit,  arrowroot crackers & water |
| **WEEK #5** | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **A.M. SNACK** | Apples, cereal  & milk | Yogurt, apple  Sauce, water | Cereal mix, melon, grapes & water | Oatmeal muffins,  melon & water | Apple sauce,  arrowroot crackers |
| **LUNCH** | Wow butter & Jam, cheese & cucumber  sandwiches, pears,  peaches & milk | Ham, cheese, pea pasta, casserole,  breadsticks, bananas  & milk | Chicken fried rice  (celery, peppers, peas) cucumbers  apples & milk | Tuna cucumber & cheese sandwiches,  garden salad  & milk | Chicken broccoli, pasta alfredo, naan bread, apples  & milk |
| **P.M. SNACK** | Crackers, zucchini,  carrots, ranch dip & water | Apples, raisin bread  & water | Cheese, crackers,  cucumbers  & water | Bananas &  frozen fruit yogourt  bites, water | Assorted fruit,  cheese crackers  & water |