

**3REAKFAST** 

WEEK

## MON

Low Sugar Cereal Cup, Dried Fruit, Juice Box

# TUE

Whole Grain Muffin, Yogurt, Fresh Fruit, Juice Box

# WED

Granola Bar, String Cheese, Applesauce, Juice Box

## THU

Warm
Oatmeal,
Dried Fruit,
Juice Box

## FRI

Smoothie, Graham Crackers, Fresh Fruit

#### MON

Mac 'n Cheese w/ Falafel Bites

#### TUE

Harvest Chicken Stew w/ Dinner Roll

#### WED

Hamburger (cheese optional)

#### THU

Waffle w/yogurt & Chicken Sausage

## FRI

Individual Cheese Pizza

### MON

### TUE

# WED

### THU

### FRI

WEEK B

Beef Soft Tacos Chicken
Nuggets w/
Choice of
Sauce

Pasta w/ Beef Meat Sauce & Garlic Toast

Vegetable
Fried Rice w/
Chicken
Dumplings

French Bread Cheese Pizza

COLD OPTIONS

Available Daily: Turkey & Cheese Deli Sandwich

OR

Picnic Pack: Pretzels, Hummus, String Cheese and Granola Bar

