

Food Menu

Week of Date

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Scrambled eggs and sourdough toast	Milk Oatmeal Blueberries	Milk Cheerios Strawberries	Milk Breakfast sandwiches Egg, cheese and ham	Milk Waffles mix berries
Snack	Applesauce and String Cheese	Fruit Slices and Cheese	Mandarin Goldfish	Fresh veggies Ranch or Hummus	Celery with Almond/sunflower butter and raisins
Lunch	Chicken Nuggets Broccoli Seasonal Fresh Fruit	Homemade Chicken Noodle Soup Soft Bread Sticks	Homemade mac and cheese Apple slices	Whole Wheat Cheese Pizza Pineapple	Chicken and cheese quesadilla Avocado
Snack	Chips and Guacamole	Cheese and strawberries	Kids Charcuterie	Apple slices Cheese and cracker	Whole Peaches And cottage cheese