

Meal Menu

updated March 26, 2013

	Monday	Tuesday	Wednesday	Thursday	Friday
Weekly Breakfast	Milk Bananas Cereal	Milk Beans Corn Tortillas Eggs	Milk Apples Cheese Quesadillas	Milk Oranges Waffles	Milk Pineapple Peanut Butter & Jelly Sandwiches
Lunch Week 1	Milk Beef and Macaroni Mixed Vegetables Oranges	Milk Chicken Soup with Vegetables Bananas Rice	Milk Turkey Hot Dogs Pineapple Corn	Milk Fried Chicken Cucumbers Grapes or Strawberries Rice	Milk Chicken Quesadillas Green Salad Watermelon
Lunch Week 2	Milk Beef Taquitos Green Salad Apple	Milk Chicken Noodle Soup Mixed Vegetables Bananas	Milk Beef Patties Spaghetti with Tomato Sauce Pineapple	Milk Broiled Chicken Mixed Vegetables Strawberries or Grapes Rice	Milk Teriyaki Chicken Cucumbers Watermelon Rice
Lunch Week 3	Milk Meatball Soup Oranges Mixed Vegetables Rice	Milk Chicken Nuggets Bananas French Fries Wheat Bread Water	Milk Turkey Patties Corn Pineapple Rice Water	Milk Chicken Tacos Green Salad Strawberries or Grapes Water	Milk Chicken Chow Mein Mixed Vegetables Watermelon Water
Weekly Snack	Water Cantaloupe Animal Crackers	Cheese Slices Oranges Crackers	Cheddar Cheese Beans Tortilla Chips	Carrots Graham Crackers Ranch Dressing	Apple Juice Goldfish Crackers Cheese Slices