

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	¹ Cereal	² Bagel w/Cream Cheese	³ Whole Grain French Toast Sticks	⁴ Greek Yogurt	⁵ Egg Sandwich
Lunch	Chicken Nuggets Sweet Potato Fries	Pasta Alfredo Mixed Veggies	Cheese Pizza Cucumbers	BBQ Pork Sweet Potato Nuggets	Pasta Marinara w/ Peas + Carrots
PM Snack	¹ Pretzels	Graham Crackers	Goldfish	Chef's Choice	Apples Cream Cheese Dip
AM Snack	⁸ Cereal Bar	⁹ Egg Sandwich	¹⁰ Oatmeal	¹¹ Whole Grain French Toast Sticks	¹² Bagel w/ Cream Cheese
Lunch	Tortellini Carrots	Turkey / Veggie Fried Rice	Cheese/Veggie Burger Smiley Fries	Mac and Cheese w/Broccoli	Fish Fillets Mashed Potatoes
PM Snack	² ABC Cookies	Vanilla Pudding Nilla Wafers	Cheez Its	Oatmeal Cookies	Cheese + Crackers
AM Snack	¹⁵ Cereal	¹⁶ Whole Grain French Toast Sticks	¹⁷ Bagel w/Cream Cheese	¹⁸ Egg Sandwich	¹⁹ Greek Yogurt
Lunch	Baked Ziti Meatballs	Chicken Patty Carrots	Bean + Cheese Quesadillas	Chicken Nuggets Sweet Potato Fries	Grilled Cheese w/Tomato Soup
PM Snack	³ Goldfish	Apples Cream Cheese Dip	Graham Crackers	Pretzels	Chef's Choice
AM Snack	²² Cereal Bar	²³ Oatmeal	²⁴ Egg Sandwich	²⁵ Bagel w/Cream Cheese	²⁶ Whole Grain French Toast Sticks
Lunch	Chili Mac + Cheese (Vegetarian)	Cheese/Veggie Burger Smiley Fries	Potato + Cheese Pierogi Carrots	Turkey Mashed Potatoes	Turkey / Veggie Fried Rice
PM Snack	⁴ Oatmeal Cookies	ABC Cookies	Vanilla Pudding Nilla Wafers	Cheese + Crackers	Cheez Its

Morning Snack includes milk

* Lunch includes milk and fruit

* Afternoon snack includes water