



Sample Menu

WEEK 1

Monday

Breakfast— French Toast Sticks, Diced Peaches, Milk

Parent Breakfast— Biscuits and Jelly

Lunch— Chicken and Dumplings, Broccoli, Diced Pears, Milk

3pm Snack— Pretzels and Cheese Dip, Strawberries, Ice Water

Tuesday

Breakfast— Cheese Biscuits, Diced Pears, Milk

Parent Breakfast— Cheese Biscuits

Lunch— Turkey and Cheese Wrap, Green Peas, Diced Peaches, Milk

3pm Snack— Veggie Straws, Sliced Bananas, 100% White Grape Juice

Wednesday

Breakfast— Cheese Grits, Mandarin Oranges, Milk

Parent Breakfast— Cheese Grits

Lunch— Chicken Nuggets, Purple Hull Peas, Fruit Cocktail, Milk

3pm Snack— Graham Crackers, Blueberries, Ice Water

Thursday

Breakfast— Scrambled Eggs, Pineapple Tidbits, Milk

Parent Breakfast— Buttered Biscuit

Lunch— Macaroni and Cheese with Diced Ham, Green Beans, Applesauce, Milk

3pm Snack— Cucumber Slices w/ Ranch Dip, Fresh Orange Slices, Ice Water

Friday

Breakfast— Whole Wheat Pancakes, Diced Pears, Milk

Parent Breakfast— Chef's Choice

Lunch— Hamburger Patty, Lima Beans, Applesauce, Milk

3pm Snack— Apple Slices, Graham Crackers, Pink Lemonade

WEEK 2

Monday

Breakfast— Whole Grain Cheerios, Pineapple Tidbits, Milk

Parent Breakfast— Pineapple Tidbit Muffins

Lunch— Sliced Ham, Brown Rice, Field Peas, Diced Pears, Milk

3pm Snack— Sliced Bananas, Cheese Its, Ice Water

Tuesday

Breakfast— Scrambled Eggs, Diced Peaches, Milk

Parent Breakfast— Homemade Peach Muffins

Lunch— BBQ Chicken Sandwich, Tater Tots,

Butter Peas, Mandarin Oranges, Milk

3pm Snack— Ritz Crackers, Fresh Orange Slices, Ice Water

Wednesday

Breakfast— French Toast Sticks, Blueberries, Milk

Parent Breakfast— Blueberry Muffins

Lunch— Chicken & Broccoli w/ Alfredo Sauce & Whole Wheat Pasta, Applesauce, Milk

3pm Snack— Cheese Cubes and Crackers, 100% White Grape Juice

Thursday

Breakfast— Cheese Grits, Diced Pears, Milk

Parent Breakfast— Cheese Grits

Lunch— Grilled Cheese Sandwich, Broccoli, Diced Peaches, Milk

3pm Snack— Animal Crackers, Fresh Orange Slices, Lemonade

Friday

Breakfast— Whole Grain Waffles, Pineapple Tidbits, Milk

Parent Breakfast— Homemade Biscuits

Lunch— Wheat Cheese Pizza, Field Peas, Mandarin Oranges, Milk

3pm Snack— Veggie Straws, Apple Slices, Ice Water

WEEK 3

Monday

Breakfast— Applesauce Muffins, Diced Peaches, Milk

Parent Breakfast— Applesauce Muffins

Lunch— Whole Grain Spaghetti with Meat Sauce, Green Salad w/ Ranch Sauce, Mandarin Oranges, Milk

3pm Snack— Wheat Thins, Strawberries, Ice Water

Tuesday

Breakfast— Banana Muffins, Diced Pears, Milk

Parent Breakfast— Banana Muffins

Lunch— Grilled Chicken Tenders w/ Honey Mustard Sauce, Tater Tots, Purple Hull Peas, Diced Peaches, Milk

3pm Snack— Ritz Crackers, Apple Slices, Ice Water

Wednesday

Breakfast— Whole Wheat Pancakes with Syrup, Mandarin Oranges, Milk

Parent Breakfast— Chef's Choice

Lunch— Teriyaki Chicken Fried Rice with Peas and Carrots, Field Peas, Pineapple Tidbits, Milk

3pm Snack— Pretzels and Cheese Sauce, Apple Slices, Ice Water

Thursday

Breakfast— Crispy Rice Cereal, Blueberries,

Milk

Parent Breakfast— Cinnamon Toast

Lunch— Turkey, Lettuce and Cheese Wrap, Broccoli, Apple Slices, Milk

3pm Snack— Grape Jell-O, Apple Slices, Animal Crackers, Ice Water

Friday

Breakfast— Whole Wheat Cheese Toast, Applesauce, Milk

Parent Breakfast— Cheese Toast

Lunch— Broiled Beef Patty, Green Salad with Ranch Dressing, Orange Slices, Milk

3pm Snack— Go-Gurt, Graham Crackers, Ice Water

WEEK 4

Monday

Breakfast— Blueberry Muffins, Diced Peaches, Milk

Parent Breakfast— Blueberry Muffins

Lunch— Chicken and Rice, Black Eyed Peas, Pineapple Tidbits, Milk

3pm Snack— Animal Crackers, Cantaloupe, Pink Lemonade

Tuesday

Breakfast— Whole Grain Cheerios Cereal, Diced Pears, Milk

Parent Breakfast— Breakfast Cake

Lunch— Grilled Chicken Strips, Purple Hull Peas, Fresh Orange Slices, Milk

3pm Snack— Fresh Blueberries, Wheat Thins, Ice Water

Wednesday

Breakfast— Banana Muffins, Diced Peaches, Milk

Parent Breakfast— Banana Muffins

Lunch— Cheesy Chicken Taco, Green Beans, Fruit Cocktail, Milk

3pm Snack— Cucumbers w/ Ranch Dressing, Crackers, Water

Thursday

Breakfast— Cinnamon Raisin Biscuits, Diced Pears, Milk

Parent Breakfast— Cinnamon Raisin Biscuits

Lunch— Grilled Cheese Sandwich, Green Peas, Peaches, Milk

3pm Snack— Tortilla Chips and Cheese Dip, Fresh Cantaloupe, Ice Water

Friday

Breakfast— Whole Wheat Cheese Toast, Mandarin Oranges, Milk

Parent Breakfast— Whole Wheat Cheese Toast

Lunch— Turkey, Cheese and Lettuce Wrap, Broccoli, Fresh Orange Slices, Milk

3pm Snack— Graham Crackers, Go-Gurt, 100% White Grape Juice