



Growing Room Auburn Sample Monthly Menu

Week 1

MONDAY

Breakfast- Whole Grain Pancakes, Bananas, Milk

Parent Breakfast-Danish

Lunch-Grilled Chicken Strips, Sweet Potatoes, Pears, Milk

3pm Snack- Animal Crackers, Fresh Apple Slices, Water

School-age Snack- Oatmeal Cookie

TUESDAY

Breakfast - Banana Muffins, Applesauce, Milk

Parent Breakfast - Banana Muffins

Lunch- Homemade Beef Stew w/mixed Vegetables, Mashed Potatoes, Oranges, Milk

3 pm Snack- Vanilla Wafers, Pears, Water

School-age Snack- Bananas

WEDNESDAY

Breakfast – Oatmeal, Pears, Milk

Parent Breakfast- Mini Bagels w/Cream Cheese

Lunch- Homemade Mac N Cheese w/ Turkey Bacon, Black Eyed Peas, Applesauce, Milk

3pm Snack- Pretzels, Mandarin Oranges, Water

School-age Snack – Carrots w/Ranch Dressing

THURSDAY

Breakfast – Applesauce Muffins, Peaches, Milk

Parent Breakfast – Applesauce Muffins

Lunch- Cheese Ravioli, Salad w/Ranch Dressing, Mandarin Oranges, Milk

3pm Snack – Wheat Crackers, Pears, Water

School-age Snack – Cheese Slices

FRIDAY

Breakfast- Scrambled Eggs, Toast, Milk

Parent Breakfast-Danish

3 Lunch- Cheese Quesadillas, Peas & Carrots, Applesauce, Milk

pm Snack- Vanilla Wafers, Pineapple, Water

School-age Snack- Raisins

Week 2

MONDAY

Breakfast- French Toast Sticks, Bananas, Milk

Parent Breakfast- Mini Bagels w/Cream Cheese

Lunch- Soft Tacos w/Ground Turkey, English Peas, Applesauce, Milk

3pm Snack- Pretzels, Peaches, Water

School-age Snack- Carrot sticks w/Ranch Dressing

TUESDAY

Breakfast-Grits, Pears, Milk

Parent Breakfast-Cinnamon Rolls

Lunch- Grilled Chicken Strips, Buttered

Pasta, Broccoli, Oranges, Milk

3pm Snack- Animal Crackers, Applesauce, Water

School-age Snack –Popcom

WEDNESDAY

Breakfast- Banana Muffins, Peaches, Milk

Parent Breakfast- Banana Muffins

Lunch- Spaghetti w/Ground Turkey, Salad w/Ranch Dressing, Pineapple, Milk

3pm Snack- Graham Crackers, Pears, Water

School-age Snack- Bananas

THURSDAY

Breakfast- Scrambled Eggs, Toast, Milk

Parent Breakfast- Breakfast Cake

Lunch-Fish Sticks, Lima Beans, Applesauce, Milk

3pm Snack- Vanilla Wafers, Peaches, Water

School-age Snack- Chips & Salsa

FRIDAY

Breakfast- Biscuits w/Jelly, Peaches, Milk

Parent Breakfast- Biscuits w/ Jelly

Lunch-Chicken Noodle Casserole w/Mixed Vegetables, Green Beans, Fresh Apple Slices, Milk

3pm Snack- Wheat Crackers, Pears, Water

School-age Snack- Cheese Slices

Week 3

MONDAY

Breakfast – Applesauce Muffins, Peaches, Milk

Parent Breakfast- Applesauce Muffins

Lunch- Sliced Turkey, Buttered Pasta, Black Eyed Peas, Pears, Milk

3pm Snack-Animal Cookies, Applesauce, Water

School-age Snack- Popcom

TUESDAY

Breakfast – Whole Grain Pancakes, Bananas, Milk

Parent Breakfast – Mini Bagels w/ Cream Cheese

Lunch- Soft Tacos w/Ground Turkey, Black Beans, Applesauce, Milk

3 pm Snack – Cheese Its, Pineapple, Water

School-age Snack – Carrots w/ Ranch dressing

WEDNESDAY

Breakfast – Oatmeal, Pears, Milk

Parent Breakfast - Danish

Lunch – Grilled Chicken Strips, Broccoli Pasta Salad, Peaches, Milk

3pm Snack- Pretzels, Fresh Apple Slices, Water

School –age Snack – Cheese Slices

THURSDAY

Breakfast –Banana Muffins, Sliced Strawberries, Milk

Parent Breakfast – Banana Muffins

Lunch- Chicken & Brown Rice, Carrots,

Mandarin Oranges, Milk

3 pm Snack- Vanilla Wafers, Peaches, Water

School-age Snack- Chips & Salsa

FRIDAY

Breakfast -Waffles, Applesauce, Milk

Parent Breakfast-Cinnamon Rolls

Lunch- Spaghetti w/Meatballs, Tossed Salad w/Ranch dressing, Pears, Milk

3pm Snack- Goldfish Crackers, Oranges, Water

School-age Snack- Oatmeal Cookie

Week 4

MONDAY

Breakfast –Whole Grain Pancakes, Pears, Milk

Parent Breakfast- Breakfast Cake

Lunch- Chicken Pot Pie, Green Beans, Mandarin Oranges, Milk

3pm Snack-Animal Cookies, Bananas, Water

School-age Snack- Popcom

TUESDAY

Breakfast-Peach Muffins, Sliced Strawberries, Milk

Parent Breakfast-Peach Muffins

Lunch- Cheese Ravioli, Salad w/Ranch Dressing, Pears, Milk

3pm Snack-Cheese its, Fresh Apples, Water

School-age Snack-Oatmeal Cookie

WEDNESDAY

Breakfast- French Toast Sticks, Bananas, Milk

Parent Breakfast- Mini Bagels w/Cream Cheese

Lunch-Sliced Turkey, Sweet Potatoes, Peas, Mandarin Oranges, Milk

3pm Snack- Graham Crackers, Tropical Fruit, Water

School-age Snack- Chips & Salsa

THURSDAY

Breakfast- Orange Muffins, Peaches, Milk

Parent Breakfast-Orange Muffins

Lunch- Homemade Beef Stew w/mixed Vegetables, Mashed Potatoes, Applesauce, Milk

3 pm – Vanilla Wafers, Apple Slices, Water

School-age Snack – Carrots & Ranch Dressing

FRIDAY

Breakfast- Waffles, Applesauce, Milk

Parent – Danish

Lunch- Chicken Nuggets, English Peas, Peaches, Milk

3pm Snack – Wheat Crackers, Pears, Water

School-age Snack – Cheese Slices