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|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Morning Snack** | Yogurt  Whole wheat toast  Apples  Water | Cereal & Milk  Fruit  Water | Hardboiled eggs  Whole wheat toast  Bananas  Water | Apple Sauce  Whole Wheat Toast  Bananas, Water | Bagels with spread  Apples  water |
| **Lunch** | *Cheese, Onion & Potato Frittata* | *Chicken Caesar wraps* | *Tomato soup & cheese sandwiches* | *Fish Tacos* | *Shepard’s Pie* |
| Meat and/or meat alternative | Eggs | Chicken | Bean salad | Fish | Ground beef |
| Vegetables &/or Fruits | Spinach Salad  Vegetable Sticks | Caesar Salad  Vegetable Sticks | Vegetable Sticks | Coleslaw  Vegetable Sticks | Southwest salad  Vegetable Sticks  potatoes |
| Grain Products | Whole wheat bread | Pasta Salad  Whole wheat tortillas | Whole wheat bread | Whole wheat rolls | Whole wheat bread |
| Milk &/or Alternatives | Milk  Cheese | Milk  Parmesan cheese | Milk  Cheese | Milk | Milk |
| **Afternoon Snack** | Trail mix  Bananas  Water | Raisin bran squares  Melon  Water | Tuna dip & crackers  Grapes  Water | Ginger loaf  Cantaloupe  Water | Vegetables & dip  Whole wheat pits  water |
| **Additional Comments:**  **Vegetable Sticks: can include – raw cucumbers, carrot sticks, celery sticks, snow & sugar peas, grape tomatoes, broccoli, cauliflower.**  **Cereals\*: Shreddies, Cheerios, Rice Krippies** | | | | | |