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|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Morning Snack** | YogurtWhole wheat toastApplesWater | Cereal & MilkFruitWater | Hardboiled eggsWhole wheat toastBananasWater | Apple SauceWhole Wheat ToastBananas, Water | Bagels with spreadAppleswater |
| **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 SaladVegetable Sticks | Caesar SaladVegetable Sticks | Vegetable Sticks | ColeslawVegetable Sticks | Southwest saladVegetable Stickspotatoes |
| Grain Products | Whole wheat bread | Pasta SaladWhole wheat tortillas | Whole wheat bread | Whole wheat rolls | Whole wheat bread |
| Milk &/or Alternatives | MilkCheese | Milk Parmesan cheese | MilkCheese | Milk | Milk |
| **Afternoon Snack** | Trail mixBananasWater | Raisin bran squaresMelonWater | Tuna dip & crackersGrapesWater | Ginger loafCantaloupeWater | Vegetables & dip Whole wheat pitswater |
| **Additional Comments:****Vegetable Sticks: can include – raw cucumbers, carrot sticks, celery sticks, snow & sugar peas, grape tomatoes, broccoli, cauliflower.** **Cereals\*: Shreddies, Cheerios, Rice Krippies** |