

Spring Summer Menu Week: One

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Waffles & Fresh Strawberries	Cereal & Berries	Sunny Burritos	Yogurt, Melon & Granola	Oatmeal Muffins & Plums
Grain products	Waffles	Cereal	Wraps	Granola	Oatmeal
Veggie & fruit	Fresh Strawberries	Frozen berries	Peppers	Fresh Melon	Fresh Plums
Milk products	Milk	Milk	Milk, Cheese	Yogurt, Milk	Milk
Meat & Alternatives			Eggs		
Other **	Syrup				
Lunch Meal	Ham Casserole	Chicken Caesar Wrap	Chilli & Cheese Pies	Fish Fillets & Potato Wedges	Ravioli & Garden Salad
Grain products	Bread Crumbs	Wraps	Pie Crust	Breading	Pasta
Veggie	Corn (mixed in), Potato	Romaine Lettuce, Cut Peppers	Mixed Veggies in Chili	Potato, Cooked Broccoli	Garden Salad
Fruit	Oranges	Pears	Peaches	Kiwi	Pineapple
Milk products	Milk & Cheese	Milk, Parmesan Cheese	Milk, Cheese	Milk	Milk/Cheese
Meat & Alternatives	Ham	Chicken	Ground Beef, Beans	Fish	Boiled Eggs in Salad
Other **					
Afternoon Snack	Roasted Red Pepper Dip & Pitas	Cheese, Pickles & Ritz Crackers	Coffee Cake & Fresh Blueberries	Fruit Salad & Quinoa	Fruit & Veggie Platter
Grain products	Pitas	Ritz Crackers	Cake Flour	Quinoa	Premium Plus Crackers
Veggie & fruit	Red Peppers	Pickles	Fresh Blueberries	Mixed Fresh Fruit	Fresh Fruit & Veggies
Milk products		Cheese			
Meat & Alternatives					
Other **					Ranch Salad Dressing
Grain Products(2-4)	3	2	3	3	3
Veg & Fruit (2-4)	4	4	3	5	5
Milk Products (1-2)	4	3	3	3	2
Meats & Alternates (1-2)	1	1	2	1	1