

**Menu Week: One**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning Snack</b>	Cinnamon Raisin Toast & Apples	Cereal and fruit	Blueberry Muffins	Scrambled Eggs, Raw Pepper Strips & Toast	Yogurt and Strawberries
Grain products	Cinnamon raisin toast	cereal	Flour	Bread	
Veggie & fruit	Apple slices	Frozen mixed berries	Blueberries	Raw Pepper Strips	Strawberries
Milk products	Milk	Milk	Milk	Milk, Cheese	Yogurt, Milk
Meat & Alternatives				Eggs	
Other **					
<b>Lunch Meal</b>	Quiche & Spinach Salad	Pulled Pork on a Bun with Coleslaw	Chicken Strips and mashed Potatoes	Macaroni & Cheese with mixed vegetables	Breaded Fish Fillets & Potato Wedges
Grain products		Bun	Breadcrumbs	Pasta	Breadcrumbs
Veggie	Spinach	Cabbage, carrot, celery	Potato	Mixed Vegetables	Potato
Fruit	Peaches	Watermelon	Pears	Mandarin Oranges	Applesauce
Milk products	Milk, Cheese	Milk	Milk	Milk, Cheese	Milk
Meat & Alternatives	Eggs	Pork	Chicken		
Raw Veg					
Other **					
<b>Afternoon Snack</b>	Sunflower Butter or Cream Cheese & Banana in Wraps	Cucumber Slices & Cheese Strings	Cinnamon Crisps & Fruit Salsa or Pita chips & Fruit Salad	Fresh Pears or Pear Butter with Graham Crackers	Vegetable/Fruit Platter and Rice Crackers
Grain products	Wrap		Wrap	Graham Crackers	Rice Crackers
Veggie & fruit	Banana	Cucumber	Mixed Fruit	Pears	Vegetables /Fruit
Milk products		Cheese Strings			
Meat & Alternatives	Sunflower Butter				
Other **	Water	Water	Water	Water	Water
Grain Products (2-4)	<b>2</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>2</b>
Veg & Fruit (2-4)	<b>4</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>4</b>
Milk Products (1-2)	<b>3</b>	<b>3</b>	<b>2</b>	<b>3</b>	<b>3</b>
Meats & Alternates (1-2)	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>

Other					
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