

**Menu Week: Two**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning Snack</b>	Sunny Burritos with Raw Pepper Strips	Cereal and Mixed Berries	Oatmeal Molasses Cookies	Yogurt, Kiwi, Melon, Graham Crackers	Carrot Muffins
Grain products	Wrap	Cereal	Oatmeal	Graham Crackers	Flour
Veggie & fruit	Raw pepper Strips	Mixed Berries		Kiwi & Melon	Carrots
Milk products	Milk, Cheese	Milk	Milk	Yogurt, Milk	Milk
Meat & Alternatives	Eggs				
Other **					
<b>Lunch Meal</b>	Chicken & Rice Stir Fry with mixed Vegetables	Ham & Hash Brown Casserole	Turkey & Ham Subs with Lettuce, Tomato & Cheese	Beef and Cheese Manicotti with Caesar Salad	Turkey Tacos
Grain products	Rice		Buns	Pasta	Wraps
Veggie	Mixed Vegetables	Potatoes	Lettuce, Tomato	Romaine Lettuce	Lettuce, Tomato
Fruit	Peaches	Pineapple	Watermelon	Mandarin Oranges	Applesauce
Milk products	Milk	Milk, Sour Cream, Cheese	Milk	Milk, Cheese	Sour Cream, Cheese, Milk
Meat & Alternatives		Ham			Turkey
Raw Veg					
Other **					
<b>Afternoon Snack</b>	Grapes, Cheese Strings & Crackers	Apple Cinnamon Loaf with Apples Slices	Lemon Loaf & fresh Blueberries	Cereal Mix & Pears	Vegetable & Fruit Platter with Rice Crackers
Grain products	Crackers	Flour		Shreddies, Cheerios, Goldfish Crackers	Rice Crackers
Veggie & fruit	Grapes	Apples		Pears	Vegetables and Fruit
Milk products	Cheese Strings				
Meat & Alternatives					
Other **	Water	Water	Water	Water	Water
Grain Products (2-4)	<b>3</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>3</b>	<b>4</b>
Milk Products (1-2)	<b>2</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>3</b>
Meats & Alternates (1-2)	<b>1</b>	<b>2</b>	<b>1</b>	<b>1</b>	<b>1</b>
Other					

