

**Menu Week: Four**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning Snack</b>	Bagels, Cream Cheese and Fruit	Cereal and Mixed Berries	Pumpkin Bread	Bacon, Cheese, Mushroom Omelet	Yogurt, Fresh Fruit, Granola
Grain products	Bagels	Cereal	Flour		Granola
Veggie & fruit	Fruit	Mixed Berries	Pumpkin	Mushrooms	Fresh Fruit
Milk products	Cream Cheese, Milk	Milk	Milk	Milk, Cheese	Milk
Meat & Alternatives				Eggs	
Other **					
<b>Lunch Meal</b>	Creamy Italian Chicken with Hash Browns	Meatballs & Rice	Pizza & Salad	Vegetable Lasagna	Tuna Bagels and Raw Vegetables
Grain products		Rice	English Muffin	Pasta	Bagels
Veggie	Potatoes	Tomato Sauce	Lettuce, fresh vegetables	Broccoli and Cauliflower	Raw Vegetables
Fruit	Pears	Peaches	Pineapple	Cantaloupe	Watermelon
Milk products	Milk, Cheese	Milk	Milk	Milk	Milk
Meat & Alternatives	Chicken	Ground Beef	Turkey Pepperoni		
Raw Veg					
Other **					
<b>Afternoon Snack</b>	Apple Butter & Pita Chips	Graham Crackers, Cream Cheese and Strawberries	Clementine & Oatmeal Bars	Zucchini Bread	Vegetable & Fruit Platter and Rice Crackers
Grain products	Pita Chips	Graham Crackers		Flour	Rice Crackers
Veggie & fruit	Apple	Strawberries	Clementine	Zucchini	Vegetables & Fruit
Milk products		Cream Cheese			
Meat & Alternatives					
Other **	Water	Water	Water	Water	Water
Grain Products (2-4)	<b>2</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>2</b>
Veg & Fruit (2-4)	<b>4</b>	<b>3</b>	<b>4</b>	<b>4</b>	<b>4</b>
Milk Products (1-2)	<b>2</b>	<b>3</b>	<b>3</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					

