		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3REAKFAST 9:30 AM		Bacon Strips or Sausages	Cream Cheese, Cheese & Jelly	Yogurt	Scrambled eggs	Bacon Strips or Sausages	Scrambled Eggs	Shredded Cheese
		Waffles	Mini Bagels	Granola	Cheerios	Wheat Toast	Pancakes	Toast & Jelly
	1	Blueberries	Orange Slices	Banana	Blue Berries	Orange Slices	Fresh Fruit	Fresh Fruit
		Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
LUNCH 00 PM	12:	Black beans and cheese	Turkey Lunch meat	Chicken nuggets	Sliced Cheese & Lunch meat	Beef meatballs	Grilled chicken strips	Cheese & Pepperoni
		Tortillas	Pasta noodles	Rolls	Whole Grain Bread	Spaghetti & Parmesan	Mac & cheese	Pizza
		Tomatoes	Sweet corn	Broccoli	Carrot sticks	Olives	Peas	Carrot
		Watermelon	Mango	Strawberries	Apples	Strawberries	Oranges	Mango
		Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
SNACK 00 PM	3:	Animal Crackers	Pretzels & String Cheese	Cheese and Crackers	Granola Bars with Oats	Goldfish	Veggie Puffs	Cookies
		Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
		Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water