

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Cereal	Hot Breakfast: Pancakes, Waffles, French Toast, Egg Bakes	Oatmeal (Hot or Overnight Oats)	Cereal	Bread: English Muffins, Bagels, Muffins, Tortilla
AM Snacks	Cheeses/Carbs/Frut or Veggies: Cottage Cheese, Slice	Meat w/ Crackers/Tortilla	Crackers with Fruit/Veggies or PB/Almond Butter	Yogurt or Hard Boiled Eggs	Crackers with Fruit/Veggies or PB/Almond Butter
Week 1 Lunch	HM Chicken Nuggets	Eggs	Tuna Pasta Hot or Cold	Deli Meat Sandwiches/ Wraps	HM Corn Dogs
Week 2 Lunch	Skillet Pizza Chicken Alfredo Sauce	HM Macaroni & Cheese	Fish Sticks	PBJ/ PB Bananas	Spaghetti
Week 3 Lunch	Chicken Salad/ Quesadillas	Fried Rice	Tilapia/Salmon	Grilled Cheese	Hot Dogs/Sloppy Joes
Week 4 Lunch	Chicken Chili/Tortilla Soup	Alfredo Noodle	Fish Sticks	PBJ/ PB Bananas Sandwich/Wraps	Skillet Pizza
PM Snacks	Popcorns/Puffcorns	Animal Crackers/ Veggie Straws	Granola/Fig Bars	Trail Mixes/Chips	Fruit/Fruit Snacks or Strips

**Breakfast and Lunch served with Milk. Water bottles available all day. 100% Fruit Juice Boxes brought on field trips.**

**Breakfast served with one fruit or vegetable. Lunch served with 2 vegetables or 1 fruit/1 vegetable.**

**\*HM= Homemade**



# **ENTHRALLED MOMENTS**

