



FRESH MEALS

Spring/Summer

WEEK 1

Breakfast

Lunch

Snack 1

Snack 2

***Veggie
Lunch***

	Breakfast	Lunch	Snack 1	Snack 2	<i>Veggie Lunch</i>
Monday	Cereal w/ Milk Fresh Fruit Milk	Chicken & Spinach Penne Alfredo Cooked Vegetables Milk	Fruit Vegetable Loaf or Muffins Water	Cheese Whole Wheat Crackers Water	Spinach Penne Alfredo Cooked Vegetables Milk
Tuesday	Scrambled Eggs Toast w/ Butter Milk	Deli Meat, Vegetable & Cheese Sandwich Pasta Salad Milk	Cheese Deli Meat Crackers Water	Apple Sauce Granola Bar Water	Vegetable & Cheese Sandwich Pasta Salad Milk
Wednesday	French Toast Yogurt Milk	Beef Stir-fry w/ vegetables Noodles Milk	Graham Crackers or Rice Cakes Applesauce Water	Fruit Cup WW Crackers Water	Stir-fry w/ vegetables Noodles Milk
Thursday	Oatmeal Fresh Fruit Milk	Beef Noodle Casserole Vegetables Milk	Pretzels Veggies & Dip Water	Fruit Sauce Baked Muffins Water	Cheese Noodle Casserole Vegetables Milk
Friday	WW Pancakes Fresh Fruit Milk	Chicken & Cheese Quesadilla Rice & Cooked Vegetables Milk	Fruit Vegetable Loaf or Muffins Water	Cheese Whole Wheat Crackers Water	Cheese Quesadilla Rice & Cooked Vegetables Milk