

# MONTHLY MENU

## Week 1 Menu

Breakfast: Cereal, Fruit, & Milk Lunch: Shepherd's Pie, Salad w/dressing, Fruit, Milk Snack: Fresh Fruit	Breakfast: Scrambled Eggs, Toast w/Jam, Fruit, Milk Lunch: Mac & Cheese, Veggies, Fruit, Milk Snack: Dry Cereal & Applesauce	Breakfast: Waffles w/syrup, Turkey Sausage Link, Milk Lunch: Turkey & Cheese Sandwich, Veggies, Fruit Snack: Graham Crackers & Sliced Cheese	Breakfast: Scrambled Eggs, Blueberry Muffin, Milk Lunch: Spanish Rice w/ Black Beans, Fruit Milk Snack: Nilla Wafers & Fruit	Breakfast: French Toast w/Syrup, Fruit, Milk Lunch: Chicken Nuggets, Tater Tots, Fruit, Milk, Snack: Goldfish
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## Week 2 Menu

Breakfast: Cereal, Fruit, & Milk Lunch: Sloppy Joe w/ground beef, on a bun, Salad w/dressing, Fruit, Milk Snack: Fresh Fruit	Breakfast: Scrambled Eggs, Toast w/Jam, Fruit, Milk Lunch: Grilled Cheese, Veggies, Fruit, Milk Snack: 1/2 Bagel, Cream Cheese	Breakfast: Waffles w/Syrup, Turkey Sausage Link, Milk Lunch: Baked Ziti, Fruit, Milk Snack: Cheez Its	Breakfast: Scrambled Eggs, Blueberry Muffin, Milk Lunch: Chicken, Broccoli & Rice Casserole, Fruit, Milk Snack: Animal Crackers	Breakfast: French Toast w/Syrup, Fruit, Milk Lunch: Fish Sticks, Mashed Potatoes, Fruit, Milk Snack: Ritz Crackers
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## Week 3 Menu

Breakfast: Cereal, Fruit, & Milk Lunch: Breaded Chicken Patty, Salad w/dressing, Fruit, Milk Snack: Fresh Fruit	Breakfast: Scrambled Eggs, Toast w/Jam, Fruit, Milk Lunch: BBQ Meatballs, Rice, Fruit, Milk Snack: Dry Cereal & Applesauce	Breakfast: Waffles w/Syrup, Turkey Sausage Link, Milk Lunch: Meatless Spaghetti, Veggies, Fruit, Milk Snack: Graham Crackers & Sliced Cheese	Breakfast: Scrambled Eggs, Blueberry Muffin, Milk Lunch: Chicken Stroganoff w/ Rotini pasta, Fruit, Milk Snack: Nilla Wafers	Breakfast: Pancakes w/Syrup, Fruit, Milk Lunch: Cheeseburgers, Veggies, Fruit, Milk Snack: Goldfish
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## Week 4 Menu

Breakfast: Cereal, Fruit, & Milk Lunch: Pasta Marinara, Salad w/dressing, Fruit, Milk Snack: Fresh Fruit	Breakfast: Scrambled Eggs, Toast w/Jam, Orange Wedges, Milk Lunch: Black Beans, Rice, Veggies, Fruit, Milk Snack: Animal Crackers	Breakfast: Waffles w/Syrup, Turkey Sausage Link, Milk Lunch: Fish Sticks, Veggies, Fruit Milk Snack: Cheez Its	Breakfast: Scrambled Eggs, Blueberry Muffin, Milk Lunch: Salisbury Steak, Rice, Fruit, Milk Snack: Chex Mix	Breakfast: Pancakes w/Syrup, Fruit, Milk Lunch: Chicken Nuggets, Mashed Potatoes, Fruit, Milk, Snack: Ritz Crackers
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## Week 5 Menu: This menu will only be used during months where there is a 5th week.

Breakfast: Cereal, Fruit, & Milk Lunch: Spanish Rice w/Beans, Salad w/dressing, Fruit Milk Snack: Yogurt	Breakfast: Scrambled Eggs, Toast w/Jam, Fruit, Milk Lunch: Parmesan Chicken, Veggies, Fruit, Milk Snack: Dry Cereal & Apple sauce	Breakfast: Waffles w/Syrup, Turkey Sausage Link, Milk Lunch: BBQ Chicken, Rice, Fruit, Milk Snack: Graham Crackers & Sliced Cheese	Breakfast: Scrambled Eggs, Blueberry Muffin, Milk Lunch: Mac & Cheese, Veggies, Fruit, Milk Snack: Pudding	Breakfast: French Toast w/Syrup, Fruit, Milk Lunch: Cheeseburgers, Fries, Fruit, Milk Snack: Nutrigrain Bars
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Menu Subject to Change

When large amounts of snacks remain, the same snacks will be served the next day to avoid excess waste.

