

SUMMER MENU WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	2 TYPES OF FRESHFRUIT	COTTAGECHEESE & MANDARINS	YOGURT & GRANOLA	TOAST WITH WOW BUTTER OR JAM	CEREAL & MILK
MORNING SNACK	ASSORTMENT OF CEREALS WITH FRUIT MILK	BANANAS & TOAST MILK	FRESH BERRY SALSA WITH CINNAMON PITA CHIPS MILK	CARROT MUFFINS FRESH SEASONAL FRUIT MILK	YOGURT & FRESH SEASONAL FRUIT MILK
LUNCH MEAT/ ALTERNATIVES	HOMEMADE SWEET & SOUR MEATBALLS WITH RICE	CHICKEN CAESAR WRAPS WITH MACARONI SALAD	COLD CUT SUBS	MAC & CHEESE WITH BROWN BEANS	FRENCHTOAST STICKS
VEGETABLES	MIXED VEGETABLES	LETTUCE	LETTUCE TOMATOES BROCCOLI & CAULIFLOWER SALAD	APPLE & BEET SALAD	CUCUMBER & DILL
GRAINS	RICE	W.W TORLITTAS	BUNS		W.W ENGLISH MUFFIN
DAIRY	MILK	MILK	CHEESE MILK	MILK	COTTAGE-CHEESE MILK
FRUIT	APPLES	FRESH PINEAPPLE	FRESH FRUIT SALAD	FRESH PEARS	WATERMELON
AFTERNOON SNACK	RICE CAKES WITH CREAM CHEESE OR WOW BUTTER WATER	ORANGES WITH GRAHAM CRACKERS WATER	CHEESE & CRACKERS CANTALOUPE WATER	BOILED EGGS/ EGG SALAD & TRISCUITS & CUCUMBER WATER	VEGGIES, DIP, AND CRACKERS WATER

SUMMER MENU WEEK 2	MONDAY	TUESDAY	WEDNSDAY	THURSDAY	FRIDAY
BREAKFAST	2 TYPES OF FRESH FRUIT	YOGURT	FRUIT SMOOTHIES	CEREAL & MILK	BAGELS WITH CREAMCHEESE
MORNING SNACK	BAGELS & PINEAPPLE MILK	BANANAS & SHREDDIES MILK	MANGOS & MUFFINS MILK	OMLETTES WITH SPINACH & TOAST MILK	FRESH FRUIT & MELBA TOAST MILK
LUNCH MEAT/ ALTERNATIVES	TUNA NOODLE CASSEROLE	WILD RICE WITH BLUEBERRIES & PANCAKES	CHICKEN QUESADILLAS WITH MEXICAN RICE	COLD PLATE (TURKEY/ROASTBEEF) , CHEESE	HOMEMADE PIZZA(RED LENTIL SAUCE) WITH VEGETABLE& MEAT TOPPINGS
VEGETABLES/ FRUIT	CORN & BRUSSEL SPROUTS	VEGGIES AND DIP	VEGGIES AND DIP SALSA	GARDEN SALAD	CAESAR SALAD
GRAINS	BUTTERED BREAD	W.W PANCAKES	W.W TORTILLAS	FRESH BAGUETTE	W.W DOUGH
DAIRY	MILK	COTTAGE CHEESE MILK	CHEESE SOUR CREAM MILK	CHEESE MILK	CHEESE MILK
FRUIT	ORANGES	FRESH FRUIT	WATERMELON	MANDARINS	APPLE SLICES
AFTERNOON SNACK	APPLES AND RITZ CRACKERS WATER	CHEESE, CRACKERS, SNAP PEAS WATER	BERRY PIZZA WATER	YOGURT & BERRIESWITH GRAHAM CRACKERS WATER	GRAPES AND HOMEMADE COOKIES WATER

SUMMER MENU WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	TOAST WITH JAM/BUTTER	CEREAL & MILK	2 TYPES OF FRESH FRUIT	EGGS & CHEESE	OATMEAL
MORNING SNACK	YOGURT WITH GRANOLA BARS & FRESH FRUIT MILK	FRESH FRUIT & COTTAGE CHEESE MILK	ASSORTMENT OF CEREALS WITH BERRIES MILK	BANANAS & ZUCHINNI MUFFINS MILK	FRESH FRUIT & YOGURT MILK
LUNCH MEAT/ ALTERNATIVES	CHEESE & VEGETABLE QUICHE, BUTTERNUT SQUASH	GRILLED TURKEY AND CHEESE SANDWICHES	HOMEMADE HAMBURGERS WITH SWEET POTATO SALAD	FISH TACOS	BBQ PULLED CHICKEN ON A BUN WITH PASTA & VEGETABLE SALAD
VEGETABLES	GARDEN SALAD	BROCCOLI	TOMATOES LETTUCE	QUINOA & VEGETABLE SALAD	CORN ON THE COB
GRAINS	W.W BREAD	N/A	W.W BUNS	TOTILLA SHELLS	PASTA
DAIRY	MILK	CHEESE MILK	CHEESE MILK	MILK	MILK
FRUIT	FRESH PEACHES	ORANGES	WATERMELON	FRESH FRUIT	BERRIES
AFTERNOON SNACK	SNOWPEAS, CARROTS & HUMMUS WATER	FRUIT SMOOTHIE WITH GRAHAM CRACKERS WATER	CUCUMBERS CRACKERS, CHEESE WATER	APPLESAUCE, CINNAMON RAISIN BREAD WATER	VEGGIES & DIP, CRACKERS WATER

SUMMER MENU WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	TOAST WITH WOW BUTTER	APPLESAUCE & GRANOLA	2 TYPES FRESH FRUIT	OATMEAL	CEREAL & MILK
MORNING SNACK	WATERMELON & CHEERIOS MILK	TOAST WITH WOW BUTTER OR JAM, BANANAS MILK	OATMEAL WITH BERRIES MILK	FRESH FRUIT & MUFFINS MILK	FRESH FRUIT & TOAST MILK
LUNCH MEAT/ ALTERNATIVES	SALMON MELTS	BEEF SOFT TACOS WITH HOMEMADE BROWN BEANS	COLD TURKEY ON A BUN WITH DEVEILED EGGS	CHICKEN DIVINE WITH RICE	PORK MEATBALLS, ROASTED SPAGHETTI SQUASH
VEGETABLES	PEAS AND CARROTS	LETTUCE TOMATOES	SPINACH AND STRAWBERRY SALAD	MIXED VEGETABLES (CARROT/ BROCCOLI/ CAULIFLOWER)	GARDEN SALAD
GRAINS	ENGLISH MUFFINS	W.W TORTILLAS	BUNS	RICE	WHOLE WHEAT PASTA
DAIRY	COTTAGE CHEESE MILK	SOUR CREAM CHEESE MILK	CHEESE MILK	MILK	MILK
FRUIT	PINEAPPLE	MANGOS	BANANAS	FRESH FRUIT	FRESH PEACHES
AFTERNOON SNACK	APPLES AND CHEESE WATER	VEGGIES & DIP , CHEESE WATER	MANDERINS WITH COTTAGE CHEESE WATER	PITA CHIPS WITH SALSA AND CHEESE WATER	FRUIT PARFAITS (yogurt, berries and granola) WATER