

Week # 1	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Cereal Fruit Milk Water	Scrambled Eggs, Whole Wheat Toast Yogurt Milk	Cheese Fruit Water
TUESDAY	Whole Wheat English Muffins Fruit Water	Sweet And Sour Meatloaf, Rice, Vegetables Fruit Milk	Crackers Raisins Water
WEDNESDAY	Fruit Yogurt Dip Water	Boiled Ham Dinner Vegetables, Potatoes Fruit Crisp Milk	Muffins(kind will vary) Raisins Water
THURSDAY	Cereal Fruit Milk Water	Whole Wheat Homemade Macaroni And Cheese, Vegetables, Whole Wheat Garlic Bread Yogurt Milk	Rice Cakes Fruit Water
FRIDAY	Fruit And Yogurt Smoothie Graham Crackers Water	Baked Fish, Brown Rice, And Vegetables Fruit Milk	Trail Mix (air popped popcorn, Cheerios, raisins, chocolate chips) Water