

<b>Week # 2</b>	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Cereal Fruit Milk  Water	Whole Wheat Pancakes, Blueberries Yogurt  Milk	Crackers Hummus  Water
TUESDAY	Whole Wheat or Multigrain Bagels Fruit  Water	Beef and Vegetable Chili, Whole Wheat Garlic Bread  Milk	Frozen 100% Pure Fruit Puree Pop Cheese  Water
WEDNESDAY	Fruit Yogurt Dip  Water	Chicken Nuggets, Brown Rice, and Vegetables Milk Pudding  Milk	Homemade Cookies (kind will vary) Fruit  Water
THURSDAY	Cereal Fruit Milk  Water	Whole Wheat Spaghetti, Whole Wheat Garlic Bread Fruit  Milk	Whole Wheat Tortilla Wedges, Sour Cream & Salsa  Water
FRIDAY	Fruit And Yogurt Smoothie Graham Crackers  Water	Whole Wheat Tuna Melts Vegetable Sticks Jello And Fruit  Water	Cheese Crackers  Water