

Week # 3	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Cereal Milk Fruit Water	Whole Wheat French Toast Fruit Yogurt Milk	Homemade Cookie Raisins Water
TUESDAY	Yogurt Dip Fruit Water	Whole Wheat Bun Cheeseburgers, Potato Wedges, Fruit Milk	Muffin (kind will vary) Cheese Water
WEDNESDAY	Whole Wheat Cinnamon Toast Fruit Water	Roast Chicken, Potatoes, And Vegetables Fruit Milk	Frozen Yogurt Pop Crackers Water
THURSDAY	Cereal Milk Fruit Water	Multigrain Ham, Vegetable and Cheese Pizza Ice Cream Milk	Whole Wheat Biscuit Fruit Water
FRIDAY	Fruit and Yogurt Smoothie Graham Crackers Water	Baked Fish, Rice, And Vegetables Fruit Milk	Trail Mix (air popped popcorn, Cheerios, raisins, chocolate chips) Water