

Week # 4	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Cereal Milk Fruit Water	Whole Wheat English Muffins With Egg And Cheese Fruit Milk	Crackers Raisins Water
TUESDAY	Whole Wheat Bagel Fruit Water	Whole Wheat Chicken And Cheese Quesadillas Vegetable Sticks Frozen Yogurt Drops Milk	Rice Cakes Fruit Water
WEDNESDAY	Whole Wheat Toast Cheese Water	Whole Wheat Bun Beef Sloppy Joes Nacho Chips Fruit Milk	Hummus Crackers Water
THURSDAY	Cereal Fruit Water	Chicken Fried Rice Vegetables Jello And Fruit Milk	Frozen 100% Pure Fruit Puree Pop Cheese Water
FRIDAY	Yogurt And Fruit Smoothies Graham Crackers Water	Grilled Cheese Sandwiches on Whole Wheat Bread, Soup (kind will vary) Fruit Milk	Trail Mix (cheerios, air popped popcorn, raisins) Water