



WEEKDAY EDUCATION

MENU 1

	BREAKFAST	LUNCH	SNACK
MONDAY	Cheese Grits Milk	Chili/beef and beans Corn muffin Fruit salad Milk	Graham cracker/cream cheese sandwich Water
TUESDAY	Blueberry pancakes Milk	Baked chicken Cooked carrots Baked apples Roll Milk	Vanilla pudding with sliced bananas Water
WEDNESDAY	Cheerios Milk	Grilled cheese sandwich Cream of tomato soup Bananas Milk	Breadsticks with marinara sauce Water
THURSDAY	Oatmeal with toppings Milk	Fish sticks Potato wedges Broccoli Peaches Milk	Baked soft pretzels Water
FRIDAY	Bagels with cream cheese Milk	Breakfast for lunch Egg and cheese casserole Hash brown potatoes Mandarin oranges Milk	Fruit/yogurt parfaits Water



WEEKDAY EDUCATION

MENU 2

	BREAKFAST	LUNCH	SNACK
MONDAY	Fruit/yogurt parfait Milk	Baked spaghetti Green beans Bread with butter Applesauce Milk	Cheese cubes and crackers Water
TUESDAY	Fruit muffins Milk	Hamburger on bun Sweet potato fries Green peas(fresh/frozen) Pears Milk	Cutie oranges with pretzel Water
WEDNESDAY	Cheese toast Milk	Turkey/cheese roll-ups on tortilla Cucumber slices with Ranch dressing Pineapple tidbits Milk	Apple slices Water
THURSDAY	Biscuits with jelly Milk	Chicken pot pie with crust Salad- lettuce, tomatoes, cucumbers, ranch dressing Peaches Milk	Cheez-Its Water
FRIDAY	French toast sticks Milk	Baked beans and franks Yellow squash Baked Apples Milk	Granola bar Water



WEEKDAY EDUCATION

MENU 3

	BREAKFAST	LUNCH	SNACK
MONDAY	Waffles Milk	Macaroni and cheese Broccoli Fruit salad Milk	Fruit and yogurt parfaits Water
TUESDAY	Cheese Grits Milk	Meatloaf with ketchup(side) Green beans Mashed potatoes Peaches Milk	Graham cracker/cream cheese sandwich Water
WEDNESDAY	Blueberry pancakes Milk	Bean & Cheese burrito Cooked carrots Banana Milk	Breadsticks with marinara sauce Water
THURSDAY	Oatmeal with toppings Milk	English muffin cheese pizza Cucumber slices with Ranch dressing Baked apples Milk	Baked soft pretzels Water
FRIDAY	Bagels with cream cheese Milk	Chicken nuggets Tater tots Salad—lettuce, tomatoes, cucumber, Ranch dressing Pineapple tidbits and Milk	Vanilla pudding with sliced bananas Water



WEEKDAY EDUCATION

MENU 4

	BREAKFAST	LUNCH	SNACK
MONDAY	Cold cereal – Rice Krispies Milk	Chicken and cheese quesadilla Black beans Peaches Milk	Cutie oranges with pretzels Water
TUESDAY	Fruit/yogurt parfait Milk	Meatballs/Gravy Rice Broccoli Fruit salad Milk	Apple slices Water
WEDNESDAY	Fruit Muffins Milk	Chicken and rice Cooked carrots Pears Milk	Cheez-Its Water
THURSDAY	Cheese toast Milk	Chicken Pasta Green peas (fresh/frozen) Baked apples Milk	Granola Bar Water
FRIDAY	Biscuits with jelly Milk	Cheezy Hamburger/Tater Tot Bake Green Beans Mandarin oranges Milk	Cheese and crackers Water