



Weekly Kids Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Snack						
Whole Grain Cereal Fresh Fruit Milk	Whole Wheat Pancakes Fresh Fruit Milk	English Muffin Fresh Fruit Milk	Smoothie Bowl Granola/ Muesli Milk	Oatmeal Fresh Fruit Milk	Yogurt Fresh Fruit Water	Yogurt Parfait Fresh Fruit Milk
Lunch						
Whole Grain Pasta and Red Sauce Broccoli Fruit Salad Milk	Grilled Ham + Cheese Wrap/Sandwich Veggies and Dip Fruit Salad Milk	Rice with Sweet and Sour Meatballs Steamed Veggies Fruit Salad Milk	Fish Sticks Steamed Veggies Fruit Salad Milk	Hamburgers Steamed Veggies Fruit Salad Milk	Whole Wheat Mac and Cheese Steamed Veggies Fruit Salad Milk	Chicken and Brown Rice Steamed Veggies Fruit Salad Milk
Afternoon Snack						
Cheese and Crackers Fresh Fruit Water	Muffin Fresh Fruit Water	Oatmeal Cookie Fresh Fruit Water	Fresh Baked Loaf Fresh Fruit Water	Smoothie Trail Mix Water	Cheese and Crackers Veggies and Dip Water	Fresh Baked Muffin Fresh Fruit Water