



Menu 4

Monday

Breakfast	Cheese Grits, Fruit Cocktail and Milk	
Morning Snack	Cheese Stackers with Whole Wheat Crackers and Ice Water	
Lunch	Chicken Tacos, Corn Niblets, Diced Peaches and Milk	
Afternoon Snack	Pretzel Twists and 100% Fruit Punch	

Tuesday

Breakfast	Buttered Biscuits, Turkey Bacon, Applesauce and Milk	
Morning Snack	Orange Slices and Milk	
Lunch	Grilled Cheese Sandwich, Tomato Soup, Diced Pineapple Chunks and Milk	
Afternoon Snack	Vanilla Wafers and Milk	

Wednesday

Breakfast	Cinnamon Toast, Diced Pears and Milk	
Morning Snack	Celery Sticks with Ranch Dressing and Milk	
Lunch	Wheat Fettuccini Alfredo with Chicken, Broccoli, Fruit Cocktail and Milk	
Afternoon Snack	Baked Apple Crisp and Milk	

Thursday

Breakfast	French Toast Sticks with Syrup, Diced Peaches and Milk	
Morning Snack	Greek Yogurt Parfait with Granola and Ice Water	
Lunch	Turkey & Cheese Whole Wheat Wraps, Diced Carrots, Mandarin Oranges, Milk	
Afternoon Snack	Animal Crackers and 100% Apple Juice	

Friday

Breakfast	Cereal Bar (Cheerios, Rice Krispies, or Fruit Loops), Mixed Fruit and Milk	
Morning Snack	Apples Wedges w/ Soy Nut Butter and Ice Water	
Lunch	Baked Ziti, Romaine Salad, Diced Pears, and Milk	
Afternoon Snack	Whole Wheat Graham Crackers and Milk	