



## MENU

|           | Monday   | Tuesday   | Wednesday  | Thursday  | Friday  |
|-----------|--|---|--|---|---|
| Breakfast | Pancakes topped with strawberries blueberries, 100% maple syrup and milk   | French toast topped with strawberries blueberries 100% maple syrup and milk         | Cinnamon Oatmeal with yogurt strawberries blueberries and milk | Cheerios with strawberries, blueberries and milk                                      | Cornflakes/ rice krispies with strawberries, blueberries and milk |
| Am snack  | Fruit and whole wheat crackers   | Fruit and goldfish  | Fruit and pretzels   | Fruit and whole wheat crackers  | Fruit and goldfish  |
| Lunch     | Brown rice with peas<br>Cheese Omelet<br>Mixed salad with tomatoes<br>Milk | Spinach and Ricotta Ravioli with Tomato sauce<br>Green salad with Cucumbers<br>Milk | Pasta with Lentils<br>Tomatoes<br>Cucumber and Corn<br>Water   | Pork meatballs<br>Green beans<br>Cauliflower<br>Broccoli<br>Whole Wheat bread<br>Milk | Homemade Cheese Pizza<br>Mixed salad with Tomatoes<br>Milk        |
| PM snack  | Homemade Cake and Milk   | Peanut Butter and Jelly roll, Milk  | Milk and Graham crackers                                       | Yogurt and Animal crackers  | Whole Wheat Flat Bread with Peanut Butter and Jelly, Milk         |

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| Am snack  | Fruit and whole wheat crackers                                       | Fruit and goldfish  | Fruit and pretzels   | Fruit and whole wheat crackers                   | Fruit and goldfish  |

|          |  |  |   |  |  |
|----------|--|--|---|--|--|
| Lunch    | Brown Rice with Vegetables<br>Scrambled eggs<br>Tomatoes<br>Cucumbers, Lettuce<br>Milk | Pasta with Pesto and Green beans, Mozzarella Cheese, Mix salad<br>Milk | Pasta with Pinto Beans<br>Fresh Spinach, Tomatoes and Corn<br>Water | Turkey Burgers<br>Green beans<br>Cauliflower Broccoli<br>Whole Wheat bread<br>Milk | Homemade Cheese Pizza<br>Mixed salad with Tomatoes<br>Milk |
| PM snack | Homemade Cake and Milk   | Peanut Butter and Jelly roll, Milk                                     | Milk and Graham crackers  | Yogurt and Animal crackers   | Whole Wheat Flat Bread with Peanut Butter and Jelly, Milk  |

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| Am snack  | Fruit and whole wheat crackers   | Fruit and goldfish   | Fruit and pretzels  | Fruit and whole wheat crackers  | Fruit and goldfish  |
| Lunch     | Brown rice with Spinach Zucchini<br>Frittata<br>Tomatoes and Corn,<br>Milk | Pasta with Tomato and Tuna<br>Mixed salad, With Cucumbers,<br>Milk     | Pasta with Lentils<br>Fresh Spinach, Tomatoes and Corn,<br>Water, | Pork Lion Mini Meat Rolls<br>Broccoli Cauliflower/ Green Beans<br>Whole Wheat Bread<br>Milk | Homemade Cheese Pizza<br>Mixed salad with Tomatoes<br>Milk        |
| PM snack  | Homemade cake and Milk   | Peanut Butter and Jelly roll, Milk                                     | Milk and Graham crackers  | Yogurt and Animal crackers  | Whole Wheat Flat Bread with Peanut Butter and Jelly, Milk         |

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| Am snack  | Fruit and whole wheat crackers                                       | Fruit and goldfish   | Fruit and pretzels   | Fruit and goldfish   | Fruit and whole wheat crackers                                    |
| Lunch     | Brown rice with Mushrooms, Spinach Frittata, Mixed salad, Milk       | Pasta with Zucchini and Tomato Sauce, Mozzarella Cheese, Lettuce and Cucumbers, Milk | Pasta with Kidney Beans, Mixed Salad, Tomatoes, Corn, Water    | Chicken cutlets, Broccoli Cauliflower Green Beans, Whole Wheat Bread, Milk | Homemade Cheese Pizza Mixed salad with Tomatoes Milk              |
| PM snack  | Homemade Cake Milk   | PB&J Roll, Milk  | Milk, Graham crackers  | Yogurt, Animal crackers  | Whole Wheat Flat Bread with Peanut Butter and Jelly, Milk         |