



Weekly Menu Plan

**LAST REVISED:
January 2017**

WEEK 1	Day 1	Day 2	Day 3	Day 4	Day 5
A.M. SNACK	* Cereal * Milk * Fresh Fruit	* Whole wheat bread * Milk * Fresh Fruit	* Cereal * Milk * Fresh Fruit	* Yogurt * Whole wheat bread * Milk	* Pancakes * Assorted fresh fruit * Milk
LUNCH	* Chicken & vegetable stir-fry * Steamed rice * Whole wheat bread * Milk * Fresh fruit	* Spaghetti w/ tomato sauce (chicken & veggies; vegetarian available) * Whole wheat bread * Milk * Fresh fruit	* Chicken & vegetable noodle soup * Sandwiches (whole wheat bread, chicken/ turkey sliced meat, egg salad) * Milk * Fresh fruit	* Baked fish, * Steamed rice * Mixed steamed vegetables * Whole wheat bread * Milk * Fresh fruit	* Fresh macaroni & cheese * Steamed vegetables * Whole wheat bread * Milk * Fresh fruit
P.M. SNACK	* Crackers * Real cheddar cheese * Fresh fruit * Juice	* Yogurt * Biscuits * Juice	* Crackers * Real cheddar cheese * Fresh fruit * Juice	* Assorted fresh fruit * Biscuits * Juice	* Baked goods * Fresh fruit * Juice

WEEK 2	Day 1	Day 2	Day 3	Day 4	Day 5
A.M. SNACK	* Cereal * Milk * Fresh fruit	* Whole wheat bread * Milk * Fresh Fruit	* Cereal * Milk * Fresh Fruit	* Yogurt * Whole wheat bread * Milk	* Pancakes * Assorted fresh fruit * Milk
LUNCH	* Chicken & vegetable stir-fry * Steamed rice * Whole wheat bread * Milk * Fresh fruit	* Chicken Vegetable soup * Sandwiches (whole wheat bread, chicken/ turkey sliced meat, egg salad) * Milk * Fresh fruit	* Baked chicken nuggets * Mashed potatoes * Whole wheat bread * Steamed vegetables * Milk * Fresh fruit	* Spaghetti w/ tomato sauce (chicken & veggies; vegetarian available) * Whole wheat bread * Milk * Fresh fruit	* Steamed wieners (100% all-beef) * Mashed potatoes * Steamed vegetables * Whole wheat bread * Milk * Fresh Fruit
P.M. SNACK	* Crackers * Real cheddar cheese * Fresh fruit * Juice	* Yogurt * Biscuits * Juice	* Crackers * Real cheddar cheese * Fresh fruit * Juice	* Assorted fresh fruit * Biscuits * Juice	* Baked goods * Fresh fruit * Juice

WEEK 3	Day 1	Day 2	Day 3	Day 4	Day 5
A.M. SNACK	* Cereal * Milk * Fresh Fruit	* Whole wheat bread * Milk * Fresh Fruit	* Cereal * Milk * Fresh Fruit	* Yogurt * Whole wheat bread * Milk	* Pancakes * Assorted fresh fruit * Milk
LUNCH	* Chicken & vegetable stir-fry * Steamed rice * Whole wheat bread * Milk * Fresh fruit	* Baked fish, * Steamed rice * Mixed steamed vegetables * Whole wheat bread * Milk * Fresh fruit	* Fresh macaroni & cheese * Steamed carrots * Whole wheat bread * Milk * Fresh fruit	* Chicken & vegetable noodle soup * Sandwiches (whole wheat bread, chicken/ turkey sliced meat, egg salad) * Milk * Fresh fruit	* Spaghetti w/ tomato sauce (chicken & veggies; vegetarian available) * Whole wheat bread * Milk * Fresh fruit
P.M. SNACK	* Crackers * Real cheddar cheese * Fresh Fruit * Juice	* Yogurt * Biscuits * Juice	* Crackers * Real cheddar cheese * Fresh Fruit * Juice	* Assorted fresh fruits * Biscuits * Juice	* Baked goods * Fresh Fruit * Juice

WEEK 4	Day 1	Day 2	Day 3	Day 4	Day 5
A.M. SNACK	* Cereal * Milk * Fresh Fruit	* Whole wheat bread * Milk * Fresh Fruit	* Cereal * Milk * Fresh Fruit	* Yogurt * Whole wheat bread * Milk	* Pancakes * Assorted Fresh Fruit * Milk
LUNCH	* Scrambled eggs * Mixed steamed vegetables * Whole wheat bread * Milk * Fresh Fruit	* Chicken & vegetable stir-fry * Steamed rice * Whole wheat bread * Milk * Fresh Fruit	* Steamed wieners (100% all-beef) * Mashed potatoes * Steamed vegetables * Whole wheat bread * Milk * Fresh Fruit	* Chicken & vegetable noodle soup * Sandwiches (whole wheat bread, chicken/ turkey sliced meat, egg salad) * Milk * Fresh Fruit	* Cheese Pizza * Fresh sliced bell peppers (or other fresh veggies) * Milk * Fresh fruit
P.M. SNACK	* Crackers * Real cheddar cheese * Fresh Fruit * Juice	* Yogurt * Biscuits * Juice	* Crackers * Real cheddar cheese * Fresh Fruit * Juice	* Assorted Fresh Fruits * Biscuits * juice	* Baked goods * Fresh Fruit * Juice