

Week 1		Monday	Tuesday	Wednesday	Thursday	Friday
May 10 th – 14 th June 14 th – 18 th July 19 th – 23 rd Aug 23 rd – 27 th Oct 4 th – 8 th	Breakfast	Cereal, fruit & milk	Muffins, fruit & milk	Eggs, hash browns, Sausages, fruit & milk	Pancakes, fruit & milk	Yogurt, cereal bars, fruit & milk
	Lunch	Ham & Vegetable Pasta Salad & milk	Chicken fried rice with vegetables & milk	Spaghetti & milk	Soup, crackers & milk	Chicken Salad & Cucumber Sandwiches, milk
	Snack	Meat, cheese, crackers & water	Granola Bars, fruit & water	Vegetables, hummus, crackers & water	Rice Cakes, fruit & water	Nuts and bolts, fruit & water
Week 2		Monday	Tuesday	Wednesday	Thursday	Friday
May 17 th – 21 st June 21 st – 25 th July 26 th – 30 th Aug 30 th –Sept 3 rd Oct 12 th – 15 th	Breakfast	Cereal, fruit & milk	Oatmeal, Toast, fruit & milk	Eggs, sausage, toast, fruit & milk	Waffles, fruit & milk	Toast, fruit & milk
	Lunch	Taco Pasta with Vegetables & milk	Chicken Alfredo Casserole with vegetables & milk	Hamburger-hash, Vegetables & milk	Soup with buns & milk	Pinwheel, Vegetables & milk
	Snack	Meat, cheese, crackers & water	Banana bread, fruit & water	Vegetables, Spinach Dip, crackers & water	Muffins, fruit & water	Cookies, fruit & water
Week 3		Monday	Tuesday	Wednesday	Thursday	Friday
May 25 th – 28 th June 28 th –July 2 nd Aug 3 rd – 6 th Sept 13 th – 17 th Oct 18 th – 22 nd	Breakfast	Cereal, fruit & milk	Muffins, fruit & milk	Eggs, hash browns, Sausages, fruit & milk	French Toast, fruit & milk	Yogurt, cereal bars, fruit & milk
	Lunch	Ham & Vegetable Pasta Salad & milk	Chicken teriyaki with rice, vegetable & milk	Sweet & sour Meatballs with noodles, vegetables & milk	Soup, crackers & milk	Pizza, vegetables & milk
	Snack	Meat, cheese, crackers & water	Granola Bars, fruit & water	Vegetables, hummus, crackers & water	Rice Cakes, fruit & water	Nuts and bolts, fruit & water
Week 4		Monday	Tuesday	Wednesday	Thursday	Friday
May 31 st – June 4 th July 5 th – 9 th Aug 9 th – 13 th Sept 20 th – 24 th Oct 25 th – 29 th	Breakfast	Cereal, fruit & milk	Oatmeal, Toast, fruit & milk	Eggs, sausage, toast, fruit & milk	Pancakes, fruit & milk	Toast, fruit & milk
	Lunch	Mac & cheese with ham & Broccoli & milk	Chicken/Beef Quesadillas, Vegetables & milk	Beef & Rice/Noodle Stir fry with vegetables & milk	Soup, garlic toast & milk	Turkey Sandwiches, vegetables & milk
	Snack	Meat, cheese, crackers & water	Banana bread, fruit & water	Vegetables, Spinach Dip, crackers & water	Muffins, Fruit & water	Cookies, fruit & water
Week 5		Monday	Tuesday	Wednesday	Thursday	Friday
June 7 th – 11 th July 12 th – 16 th August 16 th – 20 th Sept 27 th – Oct 1 st	Breakfast	Cereal, fruit & milk	Muffins, fruit & milk	Eggs, hash browns, Sausages, fruit & milk	Waffles, fruit & milk	Yogurt, cereal bars, fruit & milk
	Lunch	Home-made Hamburger helper with vegetables & milk	Perogies with sausage, vegetables & milk	Chicken Pancit with vegetables & milk	Soup, crackers & milk	Grilled cheese sandwich, vegetables & milk
	Snack	Meat, cheese, crackers & water	Granola Bars, fruit & water	Vegetables, Hummus, crackers & water	Rice Cakes, fruit & water	Nuts and bolts, fruit & water

**Menu is subject to change.*