



# Wholesome Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	Grilled Cheese on Wheat Chicken Noodle Soup Peas Pineapple Milk	Meatloaf Green Beans Cornbread Chocolate Pudding Apple Juice	Baked Chicken Nuggets Carrots with Ranch Dressing Whole Grain Buttered Rotini Jello with Strawberries Milk	Beef Tacos Corn Brown Rice Peaches Milk	Ham & Cheese Sandwich Yogurt Cucumbers Fruit Cocktail Milk
<b>Week 2</b>	Baked Ham Green Beans Pita Bread Vanilla Pudding Apple Juice	Homemade Cheese Pizza Chicken Tenders Broccoli Mandarin Oranges Milk	Meatballs Wheat Bread with Butter Carrots Orange Slices Milk	Wheat French Toast Sausage Links Tator Tots – Baked Pears Milk	Beef Hot Dogs on Wheat Corn Yogurt Apple Sauce Milk
<b>Week 3</b>	Baked Chicken Nuggets Corn Wheat Bread with Butter Fruit Cocktail Chocolate Milk	Grilled Cheese on Wheat Chicken Noodle Soup Carrots Pineapple Lemonade	Baked Fish Sticks Green Beans Wheat Crackers Mandarin Oranges Milk	Spaghetti & Meatballs Broccoli Wheat Bread with Butter Applesauce Milk	Chicken Patties on Wheat Macaroni & Cheese Peas Strawberries Milk
<b>Week 4</b>	Whole Grain Pancakes Sausage Links Tator Tots — Baked Pears Milk	Pasta & Alfredo Sauce Grilled Chicken Broccoli Pears Milk	Chicken Quesadillas Corn Brown Rice Peaches Milk	Breaded Chicken Sandwich Carrots with Ranch Dressing Cheddar Rice Cakes Strawberries Milk	Cheeseburger on Wheat Green Beans Pickles Jello w/raspberries Milk
<b>Week 5</b>	Beef Tacos Corn Brown Rice Pears Milk	Turkey & Cheese Sandwich Cream of Chicken Soup Cucumbers Apple Sauce Milk	Grilled Chicken Green Beans Rotini with Cheese Wheat Bread with Butter Apple Juice	Cheeseburger on Wheat Broccoli Pickles Orange Slices Milk	Scrambled Eggs Tator Tots — Baked Chewy Granola Bar (contains coconut) Bananas Milk
<b>Week 6</b>	Baked Fish Sticks Carrots Whole Grain Buttered Noodles Fruit Cocktail Milk	Homemade Cheese Pizza Chicken Tenders Peas Bananas Milk	Baked Chicken Nuggets Broccoli Wheat Crackers Mandarin Oranges Milk	Beef Hot Dogs on Wheat Corn Yogurt Chewy Granola Bar (contains coconut) Apple Juice	Mostaccioli & Meat Sauce Green Beans Wheat Bread with Butter Pineapple Milk



# Breakfast Items to choose from:

Cereal: Cheerios, Corn Chex, Frosted Mini-Wheats, Honey Bunches of Oats, Frosted Flakes, Rice Krispies

Other Options: Granola Bars, Apples, Cheese Sticks, Yogurt, Fruit Cups, Applesauce, Bananas

Drinks: Orange Juice and Milk

## Snacks

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	AM: Pretzels PM: Cheese & Crackers	AM: Apple Slices w/Sunbutter PM: Veggie Straws	AM: Goldfish PM: Cucumbers & Ranch & Pretzels	AM: Cheese & Crackers PM: Strawberries & Yogurt	AM: Cheese-its PM: Applesauce
Week 2	AM: Chewy Granola Bars (contains coconut) PM: Pita Chips	AM: Graham Crackers PM: Carrots & Ranch	AM: Bananas w/yogurt PM: Cheese-its	AM: Rice Cakes PM: *Mangoes & Cheese	AM: Ham & Crackers PM: Trail Mix (no nuts)
Week 3	AM: Strawberries & Yogurt PM: Cheese-its	AM: Goldfish PM: Mandarin Oranges	AM: Pita Chips PM: Bananas w/yogurt	AM: Carrots & Ranch PM: Pretzels	AM: Veggie Straws PM: Apple Slices w/Sunbutter
Week 4	AM: Mandarin Oranges PM: Apple Slices w/Sunbutter	AM: Strawberries & Yogurt PM: Turkey & Crackers	AM: Cucumbers & Ranch & Pretzels PM: *Mangoes & Cheese	AM: Applesauce PM: Veggie Straws	AM: Bananas w/yogurt PM: Graham Crackers
Week 5	AM: Pita Chips PM: Carrots & Ranch	AM: Rice Cakes PM: Chewy Granola Bars (contains coconut)	AM: Veggie Straws PM: Applesauce	AM: Apple Slices w/Sunbutter PM: Goldfish	AM: Strawberries & Yogurt PM: Turkey & Crackers
Week 6	AM: Cucumbers & Ranch & Pretzels PM: Wheat Thins	AM: Trail Mix (no nuts) PM: Bananas w/yogurt	AM: Carrots & Ranch PM: Rice Cakes	AM: Pita Chips PM: *Mangoes & Cheese	AM: Mandarin Oranges PM: Pretzels

\*We will have watermelon for snack instead of mangoes during summer.