



# 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	Beef Ravioli Sweet Potato Bites Wheat Bread with Butter Pears Milk	Beef Tacos Corn Brown Rice Peaches Milk	Baked Chicken Nuggets Carrots with Ranch Dressing Whole Grain Buttered Rotini Jello with Strawberries Milk
<b>Week 2</b>	Baked Ham Green Beans Pita Bread Vanilla Pudding Apple Juice	Wheat French Toast Sausage Links Tator Tots – Baked Pears Milk	Meatballs Wheat Bread with Butter Carrots Orange Slices Milk	Homemade Cheese Pizza Sweet Potato Bites Breaded Chicken Mandarin Oranges 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 Sweet Potato Bites 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	Cheeseburger on Wheat Green Beans Pickles Jello w/raspberries Milk	Chicken Quesadillas Corn Brown Rice Peaches Milk	Breaded Chicken Sandwich Carrots with Ranch Dressing Cheddar Rice Cakes Strawberries Milk	Homemade Pepperoni Pizza Sweet Potato Bites Wheat Crackers Mandarin Oranges Milk
<b>Week 5</b>	Beef Tacos Corn Brown Rice Pears Milk	Turkey & Cheese Cream of Chicken Soup Cucumbers Apple Sauce Milk	Grilled Chicken Green Beans Rotini with Cheese Wheat Bread with Butter Apple Juice	Cheeseburger on Wheat Sweet Potato Bites Pickles Orange Slices Milk	Scrambled Eggs Tator Tots — Baked Granola Bar Bananas Milk
<b>Week 6</b>	Baked Fish Sticks Carrots Whole Grain Buttered Noodles Fruit Cocktail Milk	Mostaccioli & Meat Sauce Green Beans Wheat Bread with Butter Pineapple Milk	Baked Chicken Nuggets Sweet Potato Bites Wheat Crackers Mandarin Oranges Milk	Beef Hot Dogs on Wheat Corn Yogurt Granola Bar Apple Juice	Homemade Cheese Pizza Breaded Chicken Peas Bananas 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: Carrots & Ranch	AM: Grapes & Cheese PM: Strawberries & Yogurt	AM: Cheese-its PM: Applesauce
Week 2	AM: Chewy Granola Bars (contains coconut) PM: Pita Chips	AM: Strawberries & Yogurt PM: Mandarin Oranges	AM: Bananas w/yogurt PM: Wheat Thins	AM: Rice Cakes PM: Grapes & Cheese	AM: Ham & Crackers PM: Trail Mix (no nuts)
Week 3	AM: Applesauce PM: Cheese-its	AM: Cucumbers & Ranch PM: Graham Crackers	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: Goldfish	AM: Strawberries & Yogurt PM: Turkey & Crackers	AM: Cucumbers & Ranch PM: Grapes & Cheese	AM: Cheese-its PM: Veggie Straws	AM: Bananas w/yogurt PM: Graham Crackers
Week 5	AM: Pita Chips PM: Chewy Granola Bars (contains coconut)	AM: Bananas w/yogurt PM: Pretzels	AM: Veggie Straws PM: Applesauce	AM: Apple Slices w/Sunbutter PM: Goldfish	AM: Strawberries & Yogurt PM: Turkey & Crackers
Week 6	AM: Cucumbers & Ranch PM: Cheese & Crackers	AM: Trail Mix (no nuts) PM: Bananas w/yogurt	AM: Carrots & Ranch PM: Rice Cakes	AM: Pita Chips PM: Grapes & Cheese	AM: Mandarin Oranges PM: Pretzels