

Week:

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack 9:00	-Cheerios & Milk -Apples	-Blueberry Muffins -Grapes -Milk	-Rice Krispies & Milk -Bananas	-Porridge -Apples & Raisins -Milk	-Cheerios & Milk -Oranges
Lunch 11:30	-Noodles w/butter & parm. -Steamed broccoli -Cheese -Carrots, cauliflower -Milk	-Cheese & bean quesadillas -Sour cream & salsa -Carrots, cucumber -Milk	-Chicken penne w/ carrot sauce -Corn -Cauliflower -Milk	-Fried rice w/ onions & scrambled eggs -Peas -Orange pepper, broccoli -Milk	-Scrambled eggs -Toast & butter -Cheese -Cucumber, cauliflower -Milk
P.M. Snack 2:30	-Strawberry oat bars -Grapes	-Sunbutter & jam roll-ups -Bananas	-Arrowroot biscuits -Cheese -Cantaloupe	-Cornbread & butter -Oranges	-Bagels & butter -Apples

**Grains served will be whole grain whenever possible. Protein alternatives provided.
Fruit and vegetables may vary based on availability. Water is available at all times.**

Kitchen Copy

Foods to Limit

	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	-Cheerios & milk -Apples	-Apple cinnamon muffins -Oranges -Milk	-Rice Krispies & milk -Peaches	-Toast & butter -Yogurt -Pears	-Cheerios & Milk -Oranges
Lunch	-Sweet corn chowder -Cheese buns -Carrots, cucumber -Milk	-Spaghetti & meatsauce w/ lentils -Garlic bread -Green salad and dressing -Milk	-Pancakes & syrup -Scrambled eggs -Oranges, cucumber -Milk	-Macaroni & cottage cheese sauce -Steamed broccoli -Orange pepper, carrots -Milk	-Chicken salad -Naan bread -Cucumber, broccoli -Milk
P.M. Snack	-Bagels & butter -Bananas	-Banana & sunbutter wraps	-Bannock & butter	-Choc. chip cookies -Frozen blueberries -Milk	-Apple quesadillas

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Week:

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A.M. Snack	-Cheerios & Milk -Apples	-Banana muffins -Cantaloupe -Milk	-Rice Krispies & milk -Grapes	-Porridge -Apples, raisins -Milk	-Cheerios & milk -Oranges
Lunch	-Fried rice w/ quinoa & eggs -Cucumber, carrots -Milk	-Riced cauliflower & cheese sauce -Bread & butter -Carrots, broccoli -Milk	-Chicken -Mashed potatoes -Corn -broccoli, cauliflower -Milk	-Chicken noodle soup -Cheese buns -Cucumber, cauliflower -Milk	-Hard boiled eggs -Cheese -Bread & butter -Carrots, cucumber, celery, broccoli -Milk
P.M. Snack	-Cornbread & butter -Frozen blueberries	-Naan bread & jam -Grapes	-Blueberry muffins -Bananas	-Bread & sunbutter -Oranges	-Fruit salad -Choc. avocado dip -Pita chips

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	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	-Cheerios & Milk -Apples	-Pumpkin muffins -Canaloupe -Milk	-Rice Krispies & Milk -Bananas	-Bread & Sunbutter -Applesauce -Milk	-Cheerios & Milk
Lunch	-Tomato, veg, noodle soup -Turkey & cheese sand. -Cucumber -Broccoli -Milk	-Cheese & bean quesadillas -Corn -Carrots -Avocado dip -Milk	-Scrambled eggs -French toast -Oranges -Cucumber -Milk	-Beef Stir Fry -Buns & butter -Broccoli -Carrots -Cauliflower -Milk	-Cheesy cauliflower soup -Naan bread -Carrots -Celery -Milk
P.M. Snack	-Sunbutter on celery w/ raisins -Cantaloupe	-Apple oat bites -Bananas	-Bannock & Jam -Grapes	-Sunbutter & puffed wheat squares - Oranges	-W.W. Crackers -Cheese -Apples

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