

Summer Menu 2022- Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Variety of dutch rusks, assorted cereal, yogurt, jams, cheese, muffins, loaf bread, fruit, milk and water				
Mid-morning snack	Yogurt Granola Water	Hard boiled eggs Bread sticks Water	Cereal Berries Water	Muffins Fresh Fruit Water	Bagels Cream Cheese Water
Lunch	Spaghetti Salad Garlic Bread Fruit Milk Water	Hearty Soup Tuna/ Meat Sandwiches Fruit Milk Water	Ham Rice Vegetable Fruit Milk Water	Chili Buns Veggie Tray Fruit Milk Water	Pizza Salad Fruit Milk Water
Mid-afternoon snack	Trail Mix Apples Water	Rice Cakes Bananas Water	Hummus Pita Chips Water	Gold Fish Cucumbers Carrot Sticks Water	Fruit Pops Graham Crackers Water

Summer Menu 2022- Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Variety of dutch rusks, assorted cereal, yogurt, jams, cheese, muffins, loaf bread, fruit, milk and water				
Mid-morning snack	Fresh Fruit Graham Crackers Water	Melba Toast Cream Cheese Cucumbers Water	Apple Sauce Crackers Water	Loaf Bread Fresh Fruit Water	Hard Boiled Eggs Bread Sticks Water
Lunch	Chicken Noodles Vegetable Fruit Milk Water	Meatballs Mashed Potatoes Vegetable Fruit Milk Water	Hearty Soup Deli Subs Fruit Milk Water	Chicken Tortilla Bake Salad Fruit Milk Water	Fish/ Beef Taco's Rice Corn Fruit Milk Water
Mid-afternoon snack	Yogurt Pops Goldfish Water	Rice Cakes Bananas Fruit	Nachos Water	Meat/Cheese Pickle Platter Crackers Water	Trail mix Veggie Sticks Water