

| March – July Week 1 | | | | | |
|----------------------------|--|--|--|--|--|
| | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit | Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit | Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit | Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit | Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit |
| Mid-morning snack | Yogurt, granola and water | Cereal, blueberries, milk and water | Muffins, orange slices and water | Scrambled eggs, bread sticks and water | Rice cakes, apple slices, and water |
| Lunch | Tuna & deli sandwiches, broccoli soup, Fruit, water and milk | Pineapple & ham pizza, garden salad, Fruit, water and milk | Spaghetti with meatballs, Caesar salad, garlic bread, Fruit, water and milk | Vegetable soup with cheese, crackers & pickle platter, Fruit, water and milk | Chicken tortilla bake, mixed vegetable, Fruit, water and milk |
| Mid-afternoon snack | Banana, graham wafers and water | Hummus with pita chips and water | Melba toast, cream cheese, cucumbers and water | Baked bean brownies, veggie tray and water | Oatmeal cookies, melon chunks and water |

March – July Week 2

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------|--|--|--|--|--|
| Breakfast | Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit | Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit | Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit | Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit | Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit |
| Mid-morning snack | Assorted cereal, fresh fruit and water | Hard boiled eggs, bread sticks and water | Fruit Smoothies, muffins and water | Bagels with cream cheese, melon and water | Apple sauce, graham wafers and water |
| Lunch | Fish Tacos, rice, corn, fruit, water and milk | Shepard's pie, biscuits, veggie tray, fruit, water and milk | Chicken tenders, brown beans, garden salad, fruit, water and Milk | Pulled Pork sliders, vegetable soup, fruit, water and milk | Beef Strogranoff, whole wheat buns, carrot coins, fruit, water and milk |
| Mid-afternoon snack | Melba Toast, cream cheese, cucumbers and water | Yogurt pops, graham wafers and water | Veggie tray, animal crackers and water | Loaf bread, apple slices and water | Bananas, goldfish and water |

March – July Week 3

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------|--|--|--|--|--|
| Breakfast | Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit | Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit | Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit | Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit | Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit |
| Mid-morning snack | Breakfast wraps and water | Cucumbers, bread sticks and water | Oatmeal with berries and water | Yogurt, granola and water | Fruit Smoothies, loaf bread and water |
| Lunch | Chicken, broccoli rice casserole, croissants, fruit, water and milk | Meatballs, mashed potatoes, cauliflower, fruit, water and milk | Tuna casserole, garden salad, whole wheat buns fruit, water and milk | Deli wraps, hash browns, veggie tray, fruit, water and milk | Ham and Swiss braids, Cesar salad, mixed veg, fruit, water and milk |
| Mid-afternoon snack | Cheese cubes, kielbasa, crackers and water | Rice cakes, orange slices and water | Bean brownies, apple slices and water | Bananas, graham wafers and water | Veggie platter, goldfish crackers and water |

March – July Week 4

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------|--|--|--|--|---|
| Breakfast | Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit | Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit | Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit | Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit | Assorted fruit cups, muffins, loaf bread, granola bars, breakfast bars and fresh fruit |
| Mid-morning snack | Bagels with cream cheese, carrot sticks and water | Cereal, blueberries, milk and water | Hard boiled eggs, bread sticks and water | Muffins, bananas and water | Yogurt, granola, and water |
| Lunch | Ravioli, garlic twists, Caesar salad fruit, water and milk | Pizza buns, veggie tray, fruit, water and milk | Cheese quesadillas, potato soup, green beans, fruit, water and milk | Herbed fish, rice, broccoli, fruit, water and milk | Chicken noodle soup, whole wheat buns, cheese, meat and pickle platter, fruit, water and milk |
| Mid-afternoon snack | Fresh Fruit, graham wafers and water | Hummus with pita chips and water | Homemade cookies, orange slices and water | Rice cakes, veggie tray and water | Melba toast, cream cheese, cucumbers and water |