

WEEK 1

MENU

A.M. SNACK

Cornflakes or Rice krispies with milk	Cheerios or Shreddies with milk	Rice krispies or Cornflakes with milk	Cheerios or Shreddies with milk	Shreddies or Cornflakes with milk
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LUNCH

Chinese noodles with beef and mixed vegetables milk	Lentil soup with mixed vegetables with buttered bread milk	Spanish rice casserole with chicken and mixed vegetables	Beef weiners with Macaroni & Cheese side of cuccumbers milk	Sandwich Day! Chicken and beef Sandwiches with lettuce or cheese (optional) milk
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P.M. SNACK

Parents are required to provide the P.M. SNACK
Please be sure to send at least two of the four major food groups.

WEEK 2

MENU

A.M. SNACK

Cheerios
or
Shreddies
with
milk

Rice krispies
or Cornflakes
with
milk

Cornflakes
or Cheerios
with
milk

Shreddies or
Rice krispies
with
milk

Rice krispies
or
Shreddies
with
milk

LUNCH

Beef, mixed
vegetables
macaroni
~~and cheese~~
vegetables
milk

Tomato
and rice
soup with
chicken
sandwiches
milk

Beef
Lasagne
with
carrot sticks
milk

vegetable
and macaroni
soup with
turkey
sandwiches
milk

chicken
hotdogs
with
carrot sticks
milk

P.M. SNACK

Parents are required to provide the P.M. SNACK
Please be sure to send at least two of the four major food groups.

WEEK 3

MENU

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A.M. SNACK

Rice krispies or Cheerios with milk	Cheerios or Shreddies with milk	Cornflakes or Rice krispies with milk	Shreddies or Cornflakes with milk	Rice krispies or Shreddies with milk
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LUNCH

Beef, RICE WITH MUSHROOM & milk	Mixed vegetable and rice soup with turkey or chicken sandwiches milk	Beef spaghetti with corn and carrots milk	Chicken corn and noodle soup with buttered bread milk	beef hotdogs with carrot sticks milk
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P.M. SNACK

Parents are required to provide the P.M. SNACK

Please be sure to send at least two of the four major food groups.