
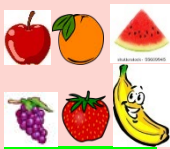


WEEK 1 MENU

MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 	-Crunchy Granola/ -Cinnamon Bliss -Rice Crisps -Mixed Berries -MILK 	-Whole wheat bread/toast -Fruit Spread -Butter -Cream Cheese -MILK 	-Raisin Bran -Seasonal Fruit -MILK 	Homemade warm oatmeal with cinnamon & brown sugar -Seasonal Fruit -Toasted Oats -MILK 	Variety of Whole Grain Cereal -Seasonal Fruit -MILK 
  Served with MILK Vegetarian Lunch Option	Chicken Noodle Soup  -Whole Wheat buttered sandwiches -Multigrain Soup Crackers -MILK -Unsweetened Apple Sauce  Roasted Red Pepper and Tomato soup	Homemade Chicken Basmati Rice Casserole with homemade gravy  -Peas -Carrots -Whole Wheat buttered sandwiches -MILK -Marvelous Mandarins  Mixed Beans Casserole	Homemade Chicken and Rice/Barley Soup  California blend of Mixed Vegetables -Multigrain Soup Crackers -Whole Wheat buttered sandwiches -MILK -Seasonal Fruit  Cheddar and cheese Soup	Homemade Mac & Cheese Served with Garden vegetables -Whole Wheat buttered sandwiches -MILK -Seasonal Fruit 	Fun Friday Build your Sub Deli meat (Chicken/Tuna/Egg)  Variety of toppings: Lettuce/Spinach -Cucumber -Tomato Sauce -Mayonnaise -Mustard, Relish -Cheese -Ice Cream & -Seasonal Fruit  Sub with Vegetarian Patty
 Served with Water	Oatmeal Snaps Or/And Coconut Snaps 	Baguette with cream cheese  	Veggie Safari With ranch Dip Or Whole Grain Zoocuits  Animal Biscuits	Nut free Trail Mix or/and cheesy fish crackers 	Whole Grain Tortilla Chips with salsa 

- Vegetarian
- Chicken
- Fish

- 2% or homo milk served
- Approved by Nutritionist