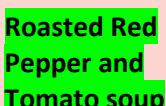
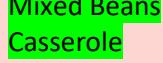
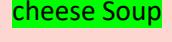
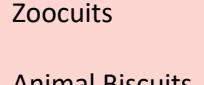


WEEK 1 MENU

MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 	<ul style="list-style-type: none"> -Crunchy Granola/ -Cinnamon Bliss -Rice Crisps -Mixed Berries -MILK 	<ul style="list-style-type: none"> -Whole wheat bread/toast -Fruit Spread -Butter -Cream Cheese -MILK 	<ul style="list-style-type: none"> -Raisin Bran -Seasonal Fruit -MILK 	<ul style="list-style-type: none"> Homemade warm oatmeal with cinnamon & brown sugar -Seasonal Fruit -Toasted Oats -MILK 	<ul style="list-style-type: none"> Variety of Whole Grain Cereal -Seasonal Fruit -MILK 
 shutterstock - 161123954	Chicken Noodle Soup  <ul style="list-style-type: none"> -Whole Wheat buttered sandwiches -Multigrain Soup Crackers -MILK -Unsweetened Apple Sauce  Roasted Red Pepper and Tomato soup 	<ul style="list-style-type: none"> Homemade Chicken Basmati Rice Casserole with homemade gravy  <ul style="list-style-type: none"> -Peas -Carrots -Whole Wheat buttered sandwiches -MILK -Marvelous Mandarins  Mixed Beans Casserole 	<ul style="list-style-type: none"> Homemade Chicken and Rice/Barley Soup  <ul style="list-style-type: none"> California blend of Mixed Vegetables -Multigrain Soup Crackers -Whole Wheat buttered sandwiches -MILK -Seasonal Fruit  Cheddar and cheese Soup 	<ul style="list-style-type: none"> Homemade Mac & Cheese Served with Garden vegetables -Whole Wheat buttered sandwiches -MILK -Seasonal Fruit 	Fun Friday Build your Sub <ul style="list-style-type: none"> Deli meat (Chicken/Tuna/Egg)  <ul style="list-style-type: none"> Variety of toppings: Lettuce/Spinach Cucumber Tomato Sauce Mayonnaise Mustard, Relish Cheese Ice Cream & Seasonal Fruit -MILK Sub with Vegetarian Patty 
Snack Served with Water	Oatmeal Snaps Or/And Coconut Snaps 	<ul style="list-style-type: none"> Baguette with cream cheese  	<ul style="list-style-type: none"> Veggie Safari With ranch Dip Or Whole Grain Zoocuits  Animal Biscuits 	<ul style="list-style-type: none"> Nut free Trail Mix or/and cheesy fish crackers 	<ul style="list-style-type: none"> Whole Grain Tortilla Chips with salsa 
<ul style="list-style-type: none"> • Vegetarian • Chicken • Fish <ul style="list-style-type: none"> • 2% or homo milk served • Approved by Nutritionist 					