























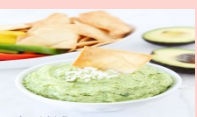


WEEK 3 MENU

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 
 Lunch Time  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 Hamburger Rice casserole  With peas, carrots and tomatoes -Whole Wheat buttered sandwiches -MILK -Marvelous Mandarins  Tomato Rice	Homemade Chicken macaroni in cheesy white sauce  -Whole Wheat buttered sandwiches -MILK -Seasonal Fruit  Rustic Lentil Pie 	Tomato Soup  served with Whole Wheat Real Cheddar Grilled Cheese Sandwiches and whole wheat soup crackers 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
Snack Served with Water	Oatmeal Snaps Or/And Coconut Snaps 	Baguette with cream cheese 	Veggie Safari With ranch Dip Or Whole Grain Animal Biscuits 	Nut free Trail Mix or/and Zucchini crackers 	Whole Grain Tortilla Chips with salsa 

- Vegetarian
- Meat
- Fish

- 2% or homo milk served
- Approved by Nutritionist