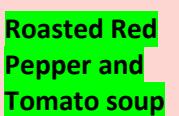
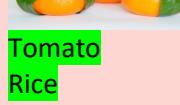
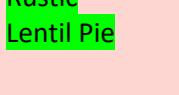


# WEEK 3 MENU

MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b> 	<ul style="list-style-type: none"> <li>-Crunchy Granola /</li> <li>-Cinnamon Bliss</li> <li>-Rice Crisps</li> <li>-Mixed Berries</li> <li>-MILK</li> </ul> 	<ul style="list-style-type: none"> <li>-Whole wheat bread/toast</li> <li>-Fruit Spread</li> <li>-Butter</li> <li>-Cream Cheese</li> <li>-MILK</li> </ul> 	<ul style="list-style-type: none"> <li>-Raisin Bran</li> <li>-Seasonal Fruit</li> <li>-MILK</li> </ul> 	<ul style="list-style-type: none"> <li>Homemade warm oatmeal with cinnamon &amp; brown sugar</li> <li>-Seasonal Fruit</li> <li>-Toasted Oats</li> <li>-MILK</li> </ul> 	<ul style="list-style-type: none"> <li>Variety of Whole Grain Cereal</li> <li>-Seasonal Fruit</li> <li>-MILK</li> </ul> 
<b>Lunch Time</b>  <small>shutterstock - 161123954</small>	<b>Chicken Noodle Soup</b>  <ul style="list-style-type: none"> <li>-Whole Wheat buttered sandwiches</li> <li>-Multigrain Soup Crackers</li> <li>-MILK</li> <li>-Unsweetened Apple Sauce</li> </ul>   <b>Roasted Red Pepper and Tomato soup</b> 	Homemade Hamburger Rice casserole  <ul style="list-style-type: none"> <li>With peas, carrots and tomatoes</li> <li>-Whole Wheat buttered sandwiches</li> <li>-MILK</li> <li>-Marvelous Mandarins</li> </ul>   <b>Tomato Rice</b> 	Homemade Chicken macaroni in cheesy white sauce  <ul style="list-style-type: none"> <li>-Whole Wheat buttered sandwiches</li> <li>-MILK</li> <li>-Seasonal Fruit</li> </ul>   <b>Rustic Lentil Pie</b> 	<b>Tomato Soup</b>  <ul style="list-style-type: none"> <li>served with Whole Wheat Real Cheddar Grilled Cheese Sandwiches and whole wheat soup crackers</li> <li>MILK</li> <li>-Seasonal Fruit</li> </ul>   	<b>Fun Friday</b> <b>Build your Sub</b> Deli meat (Chicken/Tuna /Egg)    Variety of toppings: Lettuce/Spinach -Cucumber -Tomato Sauce -Mayonnaise -Mustard, Relish -Cheese -Ice Cream & -Seasonal Fruit  -MILK <b>Sub with Vegetarian Patty</b>
<b>Snack</b>  <small>Served with Water</small>	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 Cheesy fish crackers 	Whole Grain Tortilla Chips with salsa 

- **Vegetarian**
- **Meat**
- **Fish**

- 2% or homo milk served
- Approved by Nutritionist