



## Sample Weekly Menu

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Scrambled Eggs Whole Wheat Toast Bananas Milk	French Toast Casserole Homemade Applesauce Milk	Homemade Biscuits with Sausage Fresh Cantaloupe Milk	Yogurt Parfait (yogurt, blueberries, granola) Milk	Spinach/Cheese Frittata Whole Wheat Toast Milk
<b>Lunch</b>	Homemade Chicken Pot Pie Roasted Broccoli & Cauliflower Fresh Cantaloupe Milk	Spaghetti Roasted Sweet Potatoes Green Salad Milk	Baked BBQ Chicken Mashed Potatoes Green Peas Fresh Carrots with Ranch Dressing (steamed carrots for under 2 yrs old) Milk	Hamburgers on Whole Wheat Roll Fresh Cut Oven-Baked French Fries Homemade Baked Beans Steamed Broccoli Milk	Homemade Macaroni & Cheese Pinto Beans Buttered Corn on the Cob Milk
<b>Snack</b>	Homemade Granola Bar Fresh Apple Slices Water	Goldfish Crackers Fresh Orange Slices Water	Crackers Cheese Bananas Water	Homemade Trail Mix Cheese Water	Graham Crackers Fresh Apple Slices Water