

WEEK OF FEBRUARY 4, 2019

|   | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   |
|---|---|--|---|--|--|
| BREAKFAST<br>7:00-7:45am                | English Muffin<br>w/Cheese<br>Fresh Berries<br>Milk           | Whole Grain Cereal<br>Orange Slices<br>Milk              | Pancakes<br>Tropical Fruit Salad<br>Milk                                  | Whole Grain Cereal<br>Banana<br>Milk   | Low-fat Vanilla Yogurt<br>Granola<br>Pineapple Tidbits<br>Milk             |
| A.M. SNACK<br>9:00-9:30am               | Graham Crackers<br>Cream Cheese<br>Water                      | Animal Crackers<br>Applesauce<br>Water                   | Vanilla Wafers<br>Milk  | Raisin Bread<br>Cream cheese<br>Water  | Whole Grain Ritz Crackers<br>Cheese Sticks                                 |
| LUNCH<br>11:00-11:30am<br>11:30-12:00pm | Pasta with Marinara<br>Side Salad<br>Orange Slices<br>Milk    | Cheese Pizza<br>Green Beans<br>Pineapple Tidbits<br>Milk | Chicken Broccoli Alfredo<br>Apple Slices<br>Milk                          | Grilled Cheese<br>Sandwiches<br>Tomato Soup<br>Diced Pears<br>Milk               | Chicken Nuggets<br>Green Beans<br>Diced Peaches<br>Whole Grain Bun<br>Milk |
| P.M.SNACK<br>3:00-3:30pm                | Rice Cakes<br>100% Juice                                      | Pretzels<br>100 % Juice                                  | Veggie Straws<br>100% Juice   | Cheese Its<br>100% Juice   | Chef's Choice<br>100% Juice  |
| DINNER<br>6:00-6:30pm                   | Chicken Spanish Rice<br>Fiesta Corn<br>Fruit Cocktail<br>Milk | Beef & Bean Chili<br>Goldfish Crackers<br>Banana<br>Milk | Au Gratin Potatoes with<br>Ham or Turkey<br>Corn<br>Diced Peaches<br>Milk | Salisbury Steaks<br>Mashed Potatoes<br>Fruit Cocktail<br>Whole Grain Bun<br>Milk | Chef's Choice<br>Vegetable<br>Fruit<br>Milk                                |