<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Veg Lunch</strong></td>
<td><strong>Snack</strong></td>
<td><strong>Breakfast</strong></td>
</tr>
<tr>
<td>WW Toast, Apple Sauce</td>
<td>Chicken Stir-Fry, Brown Rice, Bok Choy/Red &amp; Green Pepper/Broccoli/Carrots, Honey Dew</td>
<td>Garbanzo Bean Stir Fry</td>
<td>WW Crackers, String Cheese, Water</td>
<td>Rice Krispies, Pears</td>
</tr>
<tr>
<td><strong>Breakfast</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Veg Lunch</strong></td>
<td><strong>Snack</strong></td>
<td><strong>Breakfast</strong></td>
</tr>
<tr>
<td>WW Toast, Apple Sauce</td>
<td>Rice Krispies, Oranges</td>
<td>Black Bean Burger</td>
<td>Graham Crackers</td>
<td>WW Toast, Oranges</td>
</tr>
<tr>
<td>Rice Krispies, Oranges</td>
<td>English Muffins, Watermelon</td>
<td>Cottage Cheese</td>
<td>Cheese Quesadillas</td>
<td>English Muffins, Applesauce</td>
</tr>
<tr>
<td><strong>Breakfast</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Veg Lunch</strong></td>
<td><strong>Snack</strong></td>
<td><strong>Breakfast</strong></td>
</tr>
<tr>
<td>WW Toast, Apple Sauce</td>
<td>Hamburger on WG bun, Corn, Pineapple</td>
<td>Garbanzo Bean Stir Fry</td>
<td>WW Crackers, String Cheese, Water</td>
<td>WW Toast, Oranges</td>
</tr>
<tr>
<td>English Muffins, Watermelon</td>
<td>Grilled Chicken, WW Pasta, Carrots, Grapes</td>
<td>Black Bean Burger</td>
<td>Graham Crackers</td>
<td>English Muffins, Applesauce</td>
</tr>
<tr>
<td>Yogurt, Banana</td>
<td>Double Cheese WG Pizza Bread, Broccoli, Watermelon</td>
<td>Cottage Cheese</td>
<td>Cheese Quesadillas</td>
<td>Bagels, Pears</td>
</tr>
<tr>
<td>Pancakes, Apples</td>
<td>WG Macaroni and Cheese, Peas, Honey Dew</td>
<td>N/A</td>
<td>Pretzels, Oranges, Water</td>
<td>Yogurt, Banana</td>
</tr>
</tbody>
</table>

**Breakfast**
- Monday: WW Toast, Apple Sauce
- Tuesday: Rice Krispies, Oranges
- Wednesday: English Muffins, Watermelon
- Thursday: Yogurt, Banana
- Friday: Pancakes, Apples

**Lunch**
- Monday: Chicken Stir-Fry, Brown Rice, Bok Choy/Red & Green Pepper/Broccoli/Carrots, Honey Dew
- Tuesday: Rice Krispies, Oranges
- Wednesday: Grilled Chicken, WW Pasta, Carrots, Grapes
- Thursday: Double Cheese WG Pizza Bread, Broccoli, Watermelon
- Friday: WG Macaroni and Cheese, Peas, Honey Dew

**Veg Lunch**
- Monday: Garbanzo Bean Stir Fry
- Tuesday: Black Bean Burger
- Wednesday: Cottage Cheese
- Thursday: N/A
- Friday: N/A

**Snack**
- Monday: WW Crackers, String Cheese, Water
- Tuesday: Graham Crackers
- Wednesday: Cheese Quesadillas
- Thursday: Pretzels, Oranges, Water
- Friday: Applesauce Bread

**Breakfast**
- Monday: Rice Krispies, Pears
- Tuesday: WW Toast, Oranges
- Wednesday: English Muffins, Applesauce
- Thursday: Bagels, Pears
- Friday: Yogurt, Banana

**Lunch**
- Monday: Chicken Strips with BBQ, Brown Rice, Corn, Apple Slices
- Tuesday: Swedish Meatballs, WW Pasta, Carrots, Cantaloupe
- Wednesday: Cheese and Bean Burrito, Brown Rice, Corn/Peas/Carrots/Beans, Honey Dew
- Thursday: Salisbury Steak, WG Roll, Green Beans, Banana
- Friday: WG Spaghetti with Mozzarella Cheese, Zucchini Squash, Oranges

**Veg Lunch**
- Monday: String Cheese
- Tuesday: Black Bean Balls
- Wednesday: N/A
- Thursday: Yogurt
- Friday: N/A

**Snack**
- Monday: Graham Crackers, Bananas, Water
- Tuesday: Whole Wheat Crackers
- Wednesday: Chex Mix
- Thursday: Rice Cakes, Apples, Water
- Friday: Pretzels, Pears, Water

**Breakfast**
- Monday: Cheerios, Apple Slices
- Tuesday: WW Toast, Pears
- Wednesday: Kix, Oranges
- Thursday: English Muffins, Watermelon
- Friday: Pancakes, Applesauce

**Lunch**
- Monday: Meat Loaf, WG Roll, Mashed Potatoes and Gravy, Cantaloupe
- Tuesday: Chicken Stir-Fry, Brown Rice, Bok Choy/Red & Green Pepper/Broccoli/Carrots, Honey Dew
- Wednesday: Turkey & Cheese Sandwich on Whole Grain Bread, Broccoli, Apple Slices
- Thursday: Hamburger on WG bun, Corn, Pineapple
- Friday: Grilled Cheese on Whole Wheat Bread, Broccoli/Cauliflower/Carrots, Banana

**Veg Lunch**
- Monday: Black Bean Loaf
- Tuesday: Garbanzo Bean Stir Fry
- Wednesday: Hummus Sandwich
- Thursday: Black Bean Burger
- Friday: N/A

**Snack**
- Monday: Whole Wheat Crackers
- Tuesday: Graham Crackers, Yogurt, Water
- Wednesday: Cheese Quesadillas
- Thursday: Rice Cakes, Bananas, Water
- Friday: Pretzels, Apples, Water

**Breakfast**
- Monday: Rice Krispies, Apples
- Tuesday: WW Toast, Oranges
- Wednesday: English Muffins, Applesauce
- Thursday: Bagels, Banana
- Friday: Yogurt, Pears

**Lunch**
- Monday: WG Macaroni and Cheese, Brussel Sprouts, Banana
- Tuesday: Lemon Pepper Chicken, WG Roll, Corn, Pineapple
- Wednesday: Vegetable Whole Wheat Pasta Bake with Mozzarella Cheese, Green Beans, Honey Dew
- Thursday: BBQ Lentils, WW Roll, Peas, Grapes
- Friday: Grilled Ham and Cheddar on WW Bread, Zucchini Squash, Orange Slices

**Veg Lunch**
- Monday: N/A
- Tuesday: Yogurt
- Wednesday: N/A
- Thursday: N/A
- Friday: Grilled Cheese

**Snack**
- Monday: Graham Crackers
- Tuesday: Cucumbers/Carrots, Yogurt Dip, Water
- Wednesday: Rice Cakes, Apples, Water
- Thursday: Applesauce Muffins
- Friday: Pretzels, Oranges, Water

*ALL MEALS SERVED WITH MILK, UNLESS OTHERWISE NOTED. Ages 1-2 receive whole milk, 2 and older receive 1 %. Menu subject to change.*