

# MENU

## Week 1

## Week 2

	Breakfast (served w/ milk)	Lunch (served w/ milk)	Snack
<i>MON</i>	Wholegrain Cereal with milk $\frac{3}{4}$ cup  $\frac{1}{2}$ Hardboiled egg  $\frac{1}{2}$ Banana	Chicken + Vegetable Fried Rice ( $\frac{1}{2}$ cup uncooked rice)  Cucumber slices $\frac{1}{2}$ cup	Muffin  Blue berries $\frac{1}{2}$ cup
<i>TUE</i>	Wholegrain Bagel with cream cheese $\frac{1}{2}$  Fresh berries $\frac{1}{2}$ c (blue berry, strawberry, raspberry)	Grilled Chicken or Cheese sandwich (Wholegrain bread + lettuce + cheese slice with shredded chicken + mayo + spices)  Steamed broccoli and cauliflower $\frac{1}{2}$ cup	Plain Yogurt $\frac{1}{2}$ cup  Apple
<i>WED</i>	Wholegrain cereal with milk $\frac{3}{4}$ cup  $\frac{1}{2}$ Hardboiled egg  Orange $\frac{1}{2}$ cup	Beef stew (Ground beef, mixed vegetables, potatoes) $\frac{3}{4}$ cup  Butter bun  Garden salad with Caesar Dressing $\frac{1}{2}$ cup	Crackers (10)  Cheese (1.5 oz/ 50 g)  Cucumber slices $\frac{1}{2}$ cup
<i>THU</i>	Scrambled Eggs $\frac{1}{2}$ cup  Whole wheat bread Toast Buttered  Avocado $\frac{1}{4}$ cup	Pasta (Penne or Spaghetti) with Veggie Primavera $\frac{3}{4}$ cup (fresh/frozen vegetables- squash, carrots, red pepper, and broccoli)  Garlic Bread (1 slice)	Banana Bread  Plain Yogurt
<i>FRI</i>	Pancakes (1/3 cup dry mix- 2 pancakes) with Butter and maple syrup  Sliced fruits (banana, apple, berries) $\frac{1}{2}$ cup	Macaroni and cheese $\frac{3}{4}$ cup  Garden salad (lettuce, tomato, carrot, onion, cucumber) with Caesar dressing $\frac{1}{2}$ cup	Crackers (5)  Veggies $\frac{1}{2}$ cup and Dip

	Breakfast (served w/ milk)	Lunch (served w/ milk)	Snack
<i>MON</i>	Granola $\frac{1}{2}$ cup  $\frac{1}{2}$ Hardboiled egg  $\frac{1}{2}$ Apple	Sweet & Sour Chicken 1/3 c Rice $\frac{1}{2}$ cup  Vegetable Spring Roll  Steamed Vegetables $\frac{1}{2}$ c	Cookie  Plain Yogurt $\frac{1}{2}$ cup
<i>TUE</i>	French Toast  Orange and Berries $\frac{1}{2}$ cup	Chicken stew $\frac{3}{4}$ cup  Rice 1/3 cup  Celery & Cucumber 1/3 cup	Banana bread  Plain Yogurt $\frac{1}{2}$ cup
<i>WED</i>	Wholegrain cereal with milk $\frac{3}{4}$ cup  $\frac{1}{2}$ Hardboiled egg  $\frac{1}{2}$ Banana	Fish fillet (approx. 1/3 cup) Rice $\frac{1}{2}$ cup  Steamed vegetables $\frac{1}{2}$ cup	Crackers (5)  Veggies $\frac{1}{2}$ cup and Dip
<i>THU</i>	Waffle with butter and maple syrup (1/3 cup dry mix)  $\frac{1}{2}$ Hardboiled egg  Sliced fruits (Banana, apple, pear, berries) $\frac{1}{4}$ cup	Cheddar and potato perogies $\frac{3}{4}$ cup Sour cream  Buttered and Blanched broccoli $\frac{1}{2}$ cup	Yogurt $\frac{1}{2}$ cup  Apple
<i>FRI</i>	Wholegrain with milk cereal $\frac{3}{4}$ cup  $\frac{1}{2}$ Hardboiled egg  Berries 1/3 cup	Tuna salad/Egg sandwich (Whole grain bread)  Broccoli and Carrots $\frac{1}{2}$ cup with Dip	Crackers (10) with Cheese cubes (1.5 oz/ 50 g)  Cucumber slices $\frac{1}{2}$ cup

### Week 3

	Breakfast (served w/ milk)	Lunch (served w/ milk)	Snack
<i>MON</i>	Cheerios with milk $\frac{3}{4}$ cup $\frac{1}{2}$ Hardboiled egg  Banana	Tomato soup $\frac{3}{4}$ cup Grilled cheese sandwich $\frac{1}{2}$  Cucumber slices $\frac{1}{2}$ cup	Muffin  Seasonal fruit $\frac{1}{2}$ cup (cantaloupe/ water melon, mango, etc.)
<i>TUE</i>	Oatmeal with milk $\frac{3}{4}$ cup  Berries $\frac{1}{2}$ cup	Meat loaf (approx. $\frac{1}{3}$ cup) Mix Vegetable rice $\frac{1}{2}$ cup  Cucumber and cherry tomatoes $\frac{1}{2}$ cup	Plain Yogurt $\frac{1}{2}$ cup  Pear and Berries $\frac{1}{2}$ cup
<i>WED</i>	Multigrain Toast with Butter $\frac{1}{2}$ Hardboiled egg  Banana	Vegetable beef stew $\frac{3}{4}$ cup Butter Bun  Celery and Cucumber $\frac{1}{2}$ cup	Tostitos chips (10) with salsa  Carrots $\frac{1}{2}$ cup
<i>THU</i>	Pancakes ( $\frac{1}{3}$ cup dry mix- 2 pancakes) with Butter and maple syrup  Sliced fruits (banana, apple, berries) $\frac{1}{2}$ cup	Hamburger (Whole wheat bun, hamburger patty, ketchup)  Garden salad with Caesar dressing $\frac{1}{2}$ cup	Banana Bread  Plain yogurt $\frac{1}{2}$ cup
<i>FRI</i>	Whole grain cereal $\frac{1}{2}$ Hardboiled egg  Pineapple tit bits $\frac{1}{3}$ c	Mushroom soup $\frac{3}{4}$ cup  Bologna sandwich $\frac{1}{2}$ (Whole grain bread, bologna, mayo)  Celery sticks & dip $\frac{1}{3}$ cup	Ice cream $\frac{1}{3}$ cup  Strawberries $\frac{1}{3}$ cup

### Week 4

	Breakfast (served w/ milk)	Lunch (served w/ milk)	Snack
<i>MON</i>	Muffin  Apple	Spaghetti with ground beef and tomato sauce $\frac{3}{4}$ cup  Garden salad with dressing $\frac{1}{2}$ cup	Crackers (10)  Plain Yogurt $\frac{1}{2}$ cup  Pineapple tidbits $\frac{1}{4}$ cup
<i>TUE</i>	French Toast  Berries $\frac{1}{2}$ cup	Roasted Chicken Breast (approx. $\frac{1}{3}$ cup) Cheese Sandwich $\frac{1}{2}$ (Whole wheat bread)  Cucumber and cherry tomatoes $\frac{1}{2}$ cup	Banana Bread  Orange $\frac{1}{2}$ cup
<i>WED</i>	Whole grain cereal $\frac{1}{2}$ Hardboiled egg  Apple	Meat balls in tomato gravy, mashed potatoes, Steamed carrots and peas	Veggies and Dip
<i>THU</i>	Waffle with butter and maple syrup ( $\frac{1}{3}$ cup dry mix) $\frac{1}{2}$ Hardboiled egg  Sliced fruits $\frac{1}{4}$ cup (Banana, apple, pear, berries)	Cheese Pizza,  Carrots and Celery sticks with dressing	Plain Yogurt $\frac{1}{2}$ cup  Apple
<i>FRI</i>	Scrambled Eggs $\frac{1}{2}$ cup  Whole wheat bread Toast Buttered  Avocado $\frac{1}{4}$ cup	Butter Chicken $\frac{1}{3}$ cup Rice $\frac{1}{3}$ cup Nan Bread $\frac{1}{2}$  Cucumber $\frac{1}{4}$ cup	Crackers (10) Cheese slices (1.5 oz- 50 g)  Carrots $\frac{1}{2}$ cup