



<b>Week 1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
AM Snack	Bagels with cream cheese and fruit	Waffles and Fruit	Yogurt with berries and crunchy cereal	Cereal with fruit	Homemade granola bars
Lunch	Chicken with Mushroom Rotini Milk	Vegetable Quiche salad and homemade dressing Milk	Chicken Chop Suey and rice Milk	Shepherds Pie Milk	Stepping UP Special Milk
PM Snack	Sliced Peppers with pretzels	Pumpkin Loaf and Fruit	Cheese, crackers and cucumbers	Cheerio bars and melon	Tatziki and/or homemade hummus with pita, carrots/peppers
<b>Week 2</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
AM Snack	English muffins with fruit	Cereal with milk and fruit	Peach baked oatmeal	Fruit Smoothies and whole wheat toast	Raspberry yogurt muffins
Lunch	Italian Meatballs with vegetable cous cous Milk	Chicken Stew And rice Milk	Italian Fish with Fusili pasta Milk	Tex-Mex Chili with Tortilla Milk	Vegetable Macaroni Milk
PM Snack	Kielbassa, cheese and crackers	Banana roll up with wow butter	Homemade Chex trail mix with peppers	Zucchini Bread	Pretzels, cheese and cucumbers

<b>Week 3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
AM Snack	Toast with fruit	Cereal with milk and	Egg and Spinach muffins fruit	Banana Bread and fruit	Yogurt parfaits
Lunch	Bow Tie Pasta and Beef Stew  Milk	Zucchini and three cheses Quiche with Salad and homemade dressing Milk	Italian Chicken Cavatappi  Milk	Meatloaf with Vegetable Puree  Milk	Stepping UP Special  Milk
PM Snack	Cucumbers, apples and popcorn	Banana chocolate chip cookies and pineapple	Cheese, crackers and pickles	Tzatziki or homemade hummus with pita and peppers and carrots	Raspberry Lemon muffins

<b>Week 4</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
AM Snack	English muffins with fruit	Cereal with milk and fruit	Fruity Oatmeal Bake	Waffles and fruit	Fruit, spinach and yogurt smoothies
Lunch	Penne with Bolognese Sauce  Milk	Chicken Pot Pie and coleslaw  Milk	Fine Herbs Tilapia filet and vegetable rice Milk	Turkey a la king with mash potatoes and whole wheat bread Milk	Monthly Multicultural Special  Milk
PM Snack	Meat, cucumbers and crackers	Cheddar apple muffins	Cheese, pretzels and apples	Celery, wow butter and raisins and crackers	Popcorn, fruit and vegetable