MONTH

YEAR

SAMPLE BREAKFAST/SNACK MENU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 WG French Toast, Bananas, Milk S: Cottage Cheese, Strawberries, Water	2 WG Waffles, Strawberries, Milk S: WG Goldfish Crackers, Cucumbers, Water	3 WG Chex Cereal, Strawberries, Milk S: WG Animal Crackers, Fruit Cocktail, Water	4
5	6 WG Biscuits, Gravy, Orange Slices, Milk S: Turkey Pepperoni, WW Ritz Crackers, Water	7 WG Muffins, Pineapple, Milk S: Chocolate Chip Cookies, Applesauce, Water	8 WG Pancakes, Bananas, Milk S: Graham Crackers, Peanut Butter, Water	9 WG Oatmeal, Blueberries, Milk S: Cherry Jell-O, Water	10 WG Chex Cereal, Strawberries, Milk S: WG Animal Crackers, Fruit Cocktail, Water	11
12	13 WG Cinnamon Rolls, Orange Slices, Milk S: Wheat Thins, Salsa, Water	14 Vanilla Yogurt, Granola, Peaches, Milk S: WG Animal Crackers, Applesauce, Water	15 WG French Toast, Bananas, Milk S: Cottage Cheese, Strawberries, Water	16 WG Waffles, Strawberries, Milk S: WG Goldfish Crackers, Cucumbers, Water	17 WG Chex Cereal, Strawberries, Milk S: WG Animal Crackers, Fruit Cocktail, Water	18
19	20 WG Biscuits, Gravy, Orange Slices, Milk S: Turkey Pepperoni, WW Ritz Crackers, Water	21 WG Muffins, Pineapple, Milk S: Chocolate Chip Cookies, Applesauce, Water	22 WG Pancakes, Bananas, Milk S: Graham Crackers, Peanut Butter, Water	23 WG Oatmeal, Blueberries, Milk S: Cherry Jell-O, Water	24 WG Chex Cereal, Strawberries, Milk S: WG Animal Crackers, Fruit Cocktail, Water	25
26	27 WG Cinnamon Rolls, Orange Slices, Milk S: Wheat Thins, Salsa, Water	28 Vanilla Yogurt, Granola, Peaches, Milk S: WG Animal Crackers, Applesauce, Water	29 WG French Toast, Bananas, Milk S: Cottage Cheese, Strawberries, Water	30 WG Waffles, Strawberries, Milk S: WG Goldfish Crackers, Cucumbers, Water	31 WG Chex Cereal, Strawberries, Milk S: WG Animal Crackers, Fruit Cocktail, Water	

MONTH

YEAR

SAMPLE LUNCH MENU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 WG Macaroni and Cheese, Peas, Apricots, Milk	2 Tomato Soup, WW Bread, Cheese Slice, Pears, Milk	3 WG Bosco Sticks, Marinara, Side Salad, Applesauce, Milk	4
5	6 Turkey, Gravy, Green Beans, Peaches, Milk	7 Diced Chicken, WG Egg Noodles, Chicken Broth, Carrots, Pears, Milk	8 WG Chicken Nuggets, Corn, Pineapples, Milk	9 WG Cheese Quesadilla, Black Beans, Fruit Cocktail, Milk	10 WG Cheese Ravioli, Marinara, Peas, Pears, Milk	11
12	13 Diced Chicken, WG Rice, Teriyaki Sauce, Peas, Peaches, Milk	14 Peanut Butter & Jelly, WW Bread, Carrots, Applesauce, Milk	15 WG Macaroni and Cheese, Peas, Apricots, Water	16 Tomato Soup, WW Bread, Cheese Slice, Pears, Milk	17 WG Bosco Sticks, Marinara, Side Salad, Applesauce, Milk	18
19	20 Turkey, Gravy, Green Beans, Peaches, Milk	21 Diced Chicken, WG Egg Noodles, Chicken Broth, Carrots, Pears, Milk	22 WG Chicken Nuggets, Corn, Pineapples, Milk	23 WG Cheese Quesadilla, Black Beans, Fruit Cocktail, Milk	24 WG Cheese Ravioli, Marinara, Peas, Pears, Milk	25
26	27 Diced Chicken, WG Rice, Teriyaki Sauce, Peas, Peaches, Milk	28 Peanut Butter & Jelly, WW Bread, Carrots, Applesauce, Milk	29 WG Macaroni and Cheese, Peas, Apricots, Water	30 Tomato Soup, WW Bread, Cheese Slice, Pears, Milk	31 WG Bosco Sticks, Marinara, Side Salad, Applesauce, Milk	