



Monday

Breakfast

Entrees

Gracious Granola

Heart healthy dried cranberries and fiber rich granola cereal.

OR

Outstanding Oatmeal

Fiber rich oatmeal with the sweet taste of maple and a touch of melted, golden brown sugar.

Sides

Awesome Apple sauce

100% organic, original or cinnamon apple sauce.

OR

Fantastic Fruit cup

Fresh cut, sweet, juicy cantaloupe and honey dew.

Beverages

Magnificent Milk

Calcium rich, organic white or chocolate Milk (1% or nonfat).

OR

Jungle Juice

100% organic, pulp-free orange juice, cranberry juice, or apple juice.

Monday Lunch



Entrees

Bathing Balsamic Chicken

Organic chicken breast cooked to perfection in a Balsamic marinade made of Balsamic vinegar, minced garlic, chicken broth, Italian herb seasoning, and white sugar. Garnished with basil.

OR

Crisp Chicken Caesar Salad Wrap

Traditional Caesar dressing spread onto a 12" spinach tortilla, with grilled chicken breast cubes placed inside, freshly grated parmesan cheese, pre-washed romaine lettuce, and crunchy Italian croutons.

Sides

Valuable Vegetables

Cooked, yellow, sweet corn and green beans.

OR

Baked Biscuit

Homemade, flakey biscuits, freshly baked, and served with butter and honey.

Beverages

Magnificent Milk

Calcium rich, organic white or chocolate Milk (1% or nonfat).

OR

Jungle Juice

100% organic, pulp-free orange juice, cranberry juice, or apple juice.

Tuesday Breakfast



Entrees

Fancy French Toast

Homemade, whole-wheat French Toast served with fresh strawberries, powdered sugar, and 100% pure maple syrup.

OR

Precious PB&J Granola Wrap

Fiber rich granola, sliced fresh strawberries, and a banana cut in half and placed on top of creamy peanut butter and strawberry jelly spread inside a whole wheat flatbread.

Sides

Basic Bacon or Sausage Links

2 strips of turkey bacon, or 2 turkey sausage links.

OR

Easy Eggs

2 scrambled eggs.

Beverages

Magnificent Milk

Calcium rich, organic white or chocolate Milk (1% or nonfat).

OR

Jungle Juice

100% organic, pulp-free orange juice, cranberry juice, or apple juice.

Tuesday Lunch



Entrees

Honored Ham and Cheese Panini

Grainy Dijon mustard served on slices of white bread, topped with slices of American cheese, sliced, cooked ham, and caramelized white onions. Grilled to perfection until the bread is crisp and brown, and cheese has melted.

OR

Trusted Turkey Sandwich

Toasted sourdough bread, American cheese, lettuce, and tomatoes.

Sides

Great Garden Salad

Pre-washed mixed greens, diced red tomatoes, sliced cucumbers, and shredded cheddar cheese served with balsamic vinaigrette dressing.

OR

Cool Carrot Cake

Homemade carrot cake with sweet carrot frosting.

Beverages

Magnificent Milk

Calcium rich, organic white or chocolate Milk (1% or nonfat).

OR

Jungle Juice

100% organic, pulp-free orange juice, cranberry juice, or apple juice.

Alyssa Janic
Dept.
Address
City, State Zip
Phone #
Email

WEDNESDAY

Breakfast



Entrees

My Mini Breakfast BLT Sandwich

Over hard eggs, green lettuce leaves, cherry tomatoes, sliced thinly, and brown, crisp strips of turkey bacon served on toasted English muffins.

OR

Bright Breakfast Burrito

Cubed ham cooked with eggs and spooned into a warm flour tortillas (8-inch), and topped with shredded Mexican cheese blend.

Sides

Your Yogurt Cup

Low fat, strawberry yogurt.

OR

Wild Whole Fruit

Organic orange or apple.

Beverages

Magnificent Milk

Calcium rich, organic white or chocolate Milk (1% or nonfat).

OR

Jungle Juice

100% organic, pulp-free orange juice, cranberry juice, or apple juice.

WEDNESDAY

Lunch



Entrees

Simply Spaghetti

Whole grain spaghetti, chunky tomato sauce, served with freshly grated parmesan cheese, and garnished with parsley.

OR

Timely Tomato Soup

Creamy, low sodium tomato soup topped with cheddar cheese and garnished with fresh mint leaves.

Sides

Truly Toast or Crackers

2 slices of whole wheat bread toasted and served with butter, or 2 packets of low sodium saltine crackers.

OR

Pat's Peach Cobbler

Homemade peach cobbler served warm with vanilla bean ice cream.

Beverages

Magnificent Milk

Calcium rich, organic white or chocolate Milk (1% or nonfat).

OR

Jungle Juice

100% organic, pulp-free orange juice, cranberry juice, or apple juice.