

Week 4	
Monday	*Vegetarian
AM Snack -Trail mix (assorted whole grain cereals), water	Spanish rice with vegetables
Lunch -Spanish rice with chicken*, steamed broccoli, bananas, milk	
PM Snack -Graham crackers, water	
Late Snack -Bananas, water	
Tuesday	*Vegetarian
AM Snack -Vanilla yogurt, water	Cheese baked ziti
Lunch -Baked ziti with turkey*, mixed vegetables, pineapple, milk	
PM Snack -Animal crackers, water	
Late Snack -Oranges, water	
Wednesday	*Vegetarian
AM Snack -Mini bagels with blueberry cream cheese, water	Veggie nuggets
Lunch -Fish sticks*, baked tater tots, green beans, applesauce, milk	
PM Snack -Club crackers, water	
Late Snack -Sliced apples, water	
Thursday	
AM Snack -Whole grain cereal bars, water	
Lunch -Whole grain cheese pizza, corn, sliced pears, milk	
PM Snack -Cheese crackers, water	
Late Snack -Sliced pears, water	
Friday	*Vegetarian
AM Snack -Waffles with syrup, water	Grilled cheese sandwich 2yrs & under steamed baby carrots
Lunch -Grilled cheese & chicken sandwiches, baby carrots* & ranch mixed fruit, milk	
PM Snack -Veggie straws, water	
Late Snack -Sliced mixed fruit, water	