

ROTATING MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1: Cereal with Fresh Fruit Chicken Stir-Fry with Brown Rice & Fresh Fruit Vegan Rice Krispy Treats & Fresh Fruit	Oatmeal with Fresh Fruit Turkey & Cheese on Whole Grain Croissant Banana Muffin & Fresh Fruit	Hash Brown, Turlkey Sausage & Fresh Fruit Macaroni & Cheese w/ Fresh Fruit Applesauce & Graham Crackers	Whole Grain English Muffins with Cream Cheese & Fresh Fruit Whole Grain Penne w/ Creamy Tomato Sauce & Chicken & Fresh Fruit Pretzels & Hummus	Greek Yogurt with Granola & Fresh Fruit Naan Pizza with Vegetables & Fresh Fruit Cheese Cubes w/ Fruit
Week 2: Cereal with Fresh Fruit Brown Rice & Beans with Fresh Fruit Rice Cakes w/ Sunbutter	Cinnamon Raisin Bagels w/ Jelly & Cream Cheese Chicken Tacos with Vegetables & Fresh Fruit Cucumber & Tomatoes	Cream of Wheat & Fresh Fruit Brunch for Lunch: Pancakes with Turkey Bacon & Fresh Fruit Wheat Thins w/ Fresh Fruit	French Toast Sticks w/ Turkey Sausage & Fresh Fruit Loaded potatoes w/ Ground Turkey, Cheese & Sour Cream Fruit Smoothie	French Toast with Fresh Fruit Baked Chicken Tenders w/ Sweet Potato Fries & Fresh Fruit Whole Grain Goldfish & Fresh Fruit
Week 3: Cereal & Fresh Fruit Bowtie Chicken Pasta w/ Veggies & Fresh Fruit Apple Sauce & Cheese Cubes	Whole Grain Toast w/Avocado or Sunbutter, Turkey Bacon & Fresh Fruit Chicken & Veggie Soup w/ Rice Blueberry Muffin	Egg Wrap w/ Fresh Fruit Whole Grain Spaghetti w/ Ground Turkey & Fresh Fruit Carrots & Celery w/ Cottage Cheese	Oatmeal with Fresh Fruit BBQ Chicken Sliders & Fresh Fruit Whole Grain Cheez Its w/ Fresh Fruit	Greek Yogurt with Oats & Honey Granola & Fresh Fruit Naan Pizza with Broccoli & Fresh Fruit Apple Slices w/ Sunbutter
Week 4: Cereal with Fresh Fruit Whole Grain Waffles & Turkey Bacon w/ Fresh Fruit Dark Chocolate Covered Banana	WG Biscuit & Turkey Sausage w/ Fresh Fruit Bean, Cheese & Chicken Quesadillas & Fresh Fruit Apples w/ Sunbutter	Hash Brown Breakfast Casserole w/ Fresh Fruit Turkey Meatballs & rice w/ Fresh Fruit Fruit Cupe w/ WG Crackers	French Toast & Fresh Fruit Veggie Alfredo Pasta w/ Fresh Fruit Wg Tortilla CHips w/ Salsa	Boiled Eggs & Cottage Cheese Sandwich w/ Fresh Fruit Chicken Burrito Bowl with Brown Rice, Black Beans, Corn, & Fresh Fruit Veggie Chips w/ Fresh Fruit

Substitutions may be made based on availability. Vegetarian options are always available, and may include:

Grilled cheese
Black Bean Burger
Buttered Pasta

Cheese/Bean Quesadilla
Veggie Nuggets
Tofu

*Organic Milk Served with Breakfast and Lunch