

WEEKLY MEAL PLANNER



Organic Milk Served with Breakfast and Lunch Daily

Week:	BREAKFAST	LUNCH	SNACK
MONDAY AUGUST 31	Corn Flakes Sliced Peaches	Elbow Beef Macaroni Carrots Pineapples	Vanilla Yogurt Blueberries Wheat thins
TUESDAY SEPTEMBER 1	Scrambled Eggs Sliced Oranges	Grilled Chicken on Roll Corn Apple Sauce	Fruit Cocktail Rice Cakes
WEDNESDAY SEPTEMBER 2	Blueberry muffins Mandarins	Pizza bagels Broccoli Sliced Peaches	Bananas Graham Crackers
THURSDAY SEPTEMBER 3	Pancakes Sliced Peaches	Chicken Nuggets String Bean Fruit Cocktail	Apple Sauce Wheat Thins
FRIDAY SEPTEMBER 4	Oatmeal Strawberries	Macaroni & Cheese Peas & Carrots Pineapple	Cheese sticks Ritz crackers

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Week:	BREAKFAST	LUNCH	SNACK
MONDAY SEPTEMBER 7	CLOSED	CLOSED	CLOSED
TUESDAY SEPTEMBER 8	Blueberries muffins Mandarins	Meatballs on Roll Carrots Apple Sauce	Tomato & Cucumber cups pitaninis
WEDNESDAY SEPTEMBER 9	Scrambled Eggs Sliced Oranges	Pizza bagels Corn Apple Sauce	Cheese Sticks Ritz Crackers
THURSDAY SEPTEMBER 10	Pancakes Bananas	beef elbow macaroni Peas & Carrots Pineapple	Rice Cakes Fruit Cocktails
FRIDAY SEPTEMBER 11	Oatmeal Blueberries	chicken nuggets vegetable medley Pineapple	Hummus Pita

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Week:	BREAKFAST	LUNCH	SNACK
MONDAY SEPTEMBER 14	corn flakes sliced peaches	turkey on whole wheat corn apple sauce	rice cakes fruit cocktail
TUESDAY SEPTEMBER 15	plain bagels with cream cheese bananas	grilled chicken peas and carrots fruit cocktail	apple sauce with pretzels
WEDNESDAY SEPTEMBER 16	French toast sticks fresh strawberries	pizza bagels vegetable medley pineapples	yogurt fresh blueberries wheat thins
THURSDAY SEPTEMBER 17	English muffin w/ butter sliced oranges	beef macaroni elbows string beans fruit cocktail	mozzarella sticks ritz crackers
FRIDAY SEPTEMBER 18	oatmeal fresh fruit	macaroni and cheese Broccoli Mandarins	hummus pitas

WEEKLY MEAL PLANNER



Week:	BREAKFAST	LUNCH	SNACK
MONDAY SEPTEMBER 21	rice chex sliced peaches	turkey on whole wheat broccoli apple sauce	rice cakes fruit cocktail
TUESDAY SEPTEMBER 22	plain bagels with cream cheese bananas	chicken nuggets carrots fruit cocktail	apple sauce Graham Crackers
WEDNESDAY SEPTEMBER 23	french toast sticks fresh strawberries	pizza bagel corn pineapples	yogurt fresh blueberries
THURSDAY SEPTEMBER 24	scrambled eggs sliced oranges	beef macaroni elbows string beans fruit cocktail	mozzarella sticks ritz crackers
FRIDAY SEPTEMBER 25	oatmeal blueberries	grilled chicken on a roll string beans sliced peaches	hummus with pretzels

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Week:	BREAKFAST	LUNCH	SNACK
MONDAY SEPTEMBER 28	rice crispy cereal sliced peaches	turkey on whole wheat broccoli apple sauce	Pretzels fruit cocktail
TUESDAY SEPTEMBER 29	plain bagels with cream cheese bananas	chicken nuggets macaroni and cheese fruit cocktail	yogurt fresh blueberries
WEDNESDAY SEPTEMBER 30	french toast sticks fresh strawberries	pizza bagel corn pineapples	apple sauce Wheat Thins
THURSDAY OCTOBER 01	scramble eggs sliced oranges	beef macaroni elbows string beans fruit cocktail	mozzarella sticks ritz crackers
FRIDAY OCTOBER 02	oatmeal fresh fruit	grilled chicken over white rice Broccoli Mandarins	hummus pita

