

# WEEK 1 MENU

MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 	<p><b>-Variety of Breakfast Cereals</b>  <b>-Seasonal Fruit</b>  <b>-MILK</b></p> 	<p><b>Toast/Waffles</b>  <b>-Fruit Spread</b>  <b>-Butter</b>  <b>-Cream Cheese</b>  <b>-MILK</b></p> 	<p><b>-Raisin Bran</b>  <b>-Seasonal Fruit</b>  <b>-MILK</b></p> 	<p><b>-Variety of Breakfast Cereals</b>  <b>- Seasonal Fruit</b>  <b>-MILK</b></p> 	<p><b>Homemade warm oatmeal with cinnamon &amp; brown sugar</b>  <b>-Seasonal Fruit</b>  <b>-Toasted Oats</b>  <b>-MILK</b></p> 
  <p><b>Served with MILK</b></p> <p><b>Vegetarian Lunch Option</b></p>	<p><b>Chicken Noodle Soup</b></p>  <p>-Buttered sandwiches          -Soup Crackers          -MILK          -Unsweetened Apple Sauce/Seasonal Fruit</p>  <p><b>Vegetable Noodle Soup</b></p>	<p><b>Homemade Chicken Basmati Rice Casserole with homemade gravy</b></p>  <p>-Peas          -Carrots          -Buttered sandwiches          -MILK          - Marvelous Mandarins/ Seasonal Fruit</p>  <p><b>Homemade Vegetable Rice Casserole</b></p>	<p><b>Homemade Chicken and Rice/Barley Soup</b></p>  <p>California blend of Mixed Vegetables          - Soup Crackers          -Buttered sandwiches          -MILK          -Seasonal Fruit</p>  <p><b>Veggies and rice soup</b></p>	<p><b>Lunch Scramble</b>          Eggs, cheese,</p>  <p>-Buttered sandwiches          -Seasonal Fruit          -MILK</p>  <p><b>Hash browns and cheese sandwich</b></p>	<p><b>Fun Friday</b>  <b>Build your Sub</b>          Deli meat (Chicken)</p>  <p>Variety of toppings:          Lettuce/Spinach          -Cucumber          -Tomato Sauce          -Mayonnaise          -Mustard, Relish          -Cheese          -Ice Cream &amp;          -Seasonal Fruit</p>  <p><b>-MILK</b>  <b>Sub with fresh Veggies and cheese and choice of all condiments</b></p>
 <p><b>Served with Water</b></p>	<p>Oatmeal Snaps          Or/And          Coconut Snaps</p> 	<p>Fruit Yogurt</p> 	<p>Nut free Trail Mix / cheesy fish crackers</p> 	<p>Veggie Safari          With ranch Dip          Or Animal /Milk Biscuits</p> 	<p>Whole Grain Tortilla Chips with salsa</p> 