

# weekly menu

	Breakfast	Lunch	Snack
Monday	Vanilla Flap Jacks served with fresh fruit and milk	Cheese & Bean Quesadilla served with salad or steamed veggies	Wow Butter Fingers served with veggies and milk
Tuesday	Rise & Shine Turkey Hash served with fresh fruit and milk	Veggie Lasagna Casserole served with salad or steamed veggies	Rice Cakes & Cream Cheese served with veggies and milk
Wednesday	Cereal served with fresh fruit and milk	Chicken Fiesta served with salad or steamed veggies	Blueberry Loaf served with veggies and milk
Thursday	Turkey Quiche served with fresh fruit and milk	Minestrone Soup served with salad or steamed veggies	Strawberry Fruit Bar served with veggies and milk
Friday	Cinnamon Raisin Toast served with fresh fruit and milk	Meatloaf & Rice served with salad or steamed veggies	Zucchini Loaf served with veggies and milk