

weekly menu

	Breakfast	Lunch	Snack
Monday	Strawberry Pancakes served with fresh fruit, milk and water.	. Homemade Mac and Cheese served with salad/steamed veggies and water.	Hummus and Pita bites with fresh raw vegetables/fruit, milk and water.
Tuesday	Bagels with cream cheese, fresh fruit served with milk and water.	Fiesta Chicken and rice served with salad/steamed veggies and water	Yogurt served with fresh raw vegetables/fruit, milk and water.
Wednesday	Cereal served with fresh fruit, milk and water.	Bean Burger Sliders served with salad/steamed veggies and water.	Carrot Loaf served with fresh raw vegetables/fruit, milk and water.
Thursday	Scrambled eggs and turkey bacon served with milk and water.	Beef Vegetable Stew served with salad/steamed veggies and water.	Crackers with Cream Cheese served with fresh raw vegetables/fruit, milk and water.
Friday	Toast with jam served with fresh fruit, milk & water	Sweet n Sour Tofu Chow Mein served with salad/steamed veggies and water.	Wow Butter Banana rolls served with fresh raw vegetables/fruit, milk and water