

weekly menu

	Breakfast	Lunch	Snack
Monday	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
Tuesday	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
Wednesday	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.
Thursday	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.
Friday	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. and