

	Breakfast	Lunch	Snack
Monday	Cinnamon Raisin Toast served with fresh fruit, and milk.	Baked Chicken Served with black beans, rice, salad/steamed veggies and water.	Rice Cakes with Jam Served with fresh vegetables and milk
Tuesday	Rise and Shine Turkey Hash Served with fresh fruit, and milk.	Macaroni and Cheese Served with salad/steamed veggies and water.	Lemon Loaf Served with fresh vegetables and milk
Wednesday	Cereal Served with fresh fruit, and milk.	Meatloaf Served with rice salad/steamed veggies and water.	Yogurt and Arrowroot Served with fresh vegetables and milk
Thursday	Vanilla Flapjacks Served with fresh fruit, and milk.	Spanish Rice Served with salad/steamed veggies and water.	Cinnamon Pita Served with fresh vegetables and milk
Friday	French Toast served with fresh fruit and milk.	Meaty Pasta salad/steamed veggies and water.	Wow Butter and Banana Fingers Served with fresh vegetables and milk

