

## SAMPLE MENU

	<b>Breakfast</b>	<b>Breakfast Quiches</b> cheese & spinach, fresh fruit, whole milk
Monday	<b>Lunch</b>	<b>Spaghetti &amp; Meatballs</b> tomato sauce, parmesan
	<b>Snack</b>	<b>Vegetable Sticks &amp; Dip</b> avocado dip, yogurt
	<b>Breakfast</b>	<b>Steel-cut Oatmeal</b> mixed berries, whole milk
Tuesday	<b>Lunch</b>	<b>Soup Of the Day</b> bread roll
	<b>Snack</b>	<b>Cheese Board</b> Whole wheat crackers
	<b>Breakfast</b>	<b>Homemade Muffins</b> Yogurt, whole milk
Wednesday	<b>Lunch</b>	<b>Sweet Chili Cod</b> Brown Rice, steam vegetable
	<b>Snack</b>	<b>Banana Wrap</b> whole wheat tortilla, wow butter, whole milk
	<b>Breakfast</b>	<b>Homemade Biscuits</b> fresh fruit, whole milk
Thursday	<b>Lunch</b>	<b>Cottage Pie</b> beef, mashed potatoes, carrots, peas & bread rolls
	<b>Snack</b>	<b>Homemade Rice Pudding</b> berries & raisins, whole milk
	<b>Breakfast</b>	<b>Waffles</b> fruit salad, whole milk
Friday	<b>Lunch</b>	<b>Chicken Teriyaki</b> brown rice, broccoli florets
	<b>Snack</b>	<b>Vegetable Sticks &amp; Dip</b> ranch dressing, yogurt