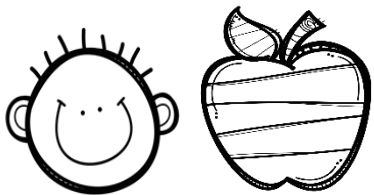


# Weekly Menu #8

1-12 years Old for the week of: 11/01/21



Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Rice Cakes, Oranges and Milk	Eggs, Toast, Pears and Milk Add Peanut Butter to Toast for protein supplement replacement	Rice Cakes, Oranges and Milk	Eggs, Toast, Pears and Milk Add Peanut Butter to Toast for protein supplement replacement	Rice Cakes, Oranges and Milk
AM SNACK	Peanut Butter Toast on Whole Grain and Milk	English Muffin, Banana and Water	Peanut Butter Toast on Whole Grain and Milk	English Muffin, Banana and Water	Peanut Butter Toast on Whole Grain and Milk
LUNCH	Chicken and Brown Rice Stir Fry with Broccoli Carrots, Mixed Fruit and Milk	Egg Salad Sandwich on Whole Grain Bread, Carrot Sticks, Oranges and Milk	Beef & Cheese Brown Rice, Peas, Banana and Milk	Ziti with Homemade Meat Sauce, Oranges, Broccoli and Milk	Roast Beef, Whole Grain Bread, Baked Potato, Bananas and Milk
PM SNACK	Cheese Cubes, Banana and Water	Oranges, Whole Grain Crackers and Milk	Cheese Cubes, Banana and Water	Pears, Whole Grain Crackers and Milk	Cheese Cubes, Banana and Water

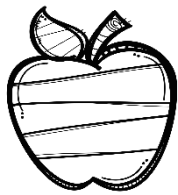
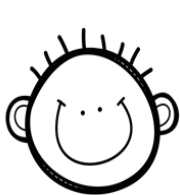


# Weekly Menu #9

1-12 years old for the week of: 11/08/21



Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole Grain Waffles, Berries and Milk	Homemade Muffins, Bananas and Milk	Whole Grain Waffles, Berries and Milk	Homemade Muffins, Bananas and Milk	Whole Grain Waffles, Berries and Milk
AM SNACK	Whole Grain Toast, Milk	Vanilla Yogurt Cups, Berries, Granola, Water	Whole Grain Toast, Milk	Vanilla Yogurt Cups, Berries, Granola Water	Whole Grain Toast, Milk
LUNCH	Chicken Patty on a Whole Grain Bun, Corn, Grapes and Milk	Homemade Sloppy Joes on Whole Grain Bun, Tator Tots, Apples and Milk	Ham Sandwich on Whole Grain Bread, Peas, Grapes and Milk	Grilled Cheese on Whole Grain, Tomato Soup, Apples and Milk	Homemade Beef Soup with Mixed Cooked Veggies, Whole Grain Bread, Grapes and Milk
PM SNACK	Cheese, Apples and Water	Chex Mix and Milk	Cheese, Apples and Water	Chex Mix and Milk	Cheese, Apples and Water

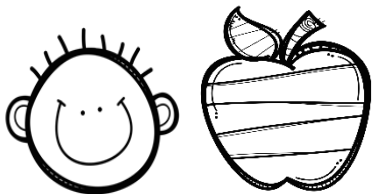


# Weekly Menu #10

1-12 years old for the week of: 11/15/21



Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole Grain Toast, Mixed Fruit and Milk	Pancakes, Blueberries and Milk	Whole Grain Toast, Mixed Fruit and Milk	Pancakes, Blueberries and Milk	Whole Grain Toast, Mixed Fruit and Milk
AM SNACK	Rice Cakes, Grapes and Milk	Banana and Milk	Rice Cakes, Grapes and Milk	Banana and Milk	Rice Cakes, Grapes and Milk
LUNCH	Homemade Chicken Alfredo with Whole Grain Noodles, Broccoli, Blueberries and Milk	Hot dog on a bun, Tator Tots, Grapes and Milk	Homemade Fish Sticks, Whole Grain Bread, Green Beans, Blueberries and Milk	Pork, Wild Rice, Peas, Grapes and Milk	Ham Sandwich on Whole Grain Bread, Vegetable soup, Blueberries and Milk
PM SNACK	Cucumbers, Carrot Sticks, Pretzels & Milk	String Cheese and Whole Grain Crackers and Milk	Cucumbers, Carrot Sticks, Pretzels & Milk	String Cheese and Whole Grain Crackers and Milk	Cucumbers, Carrot Sticks, Pretzels & Milk

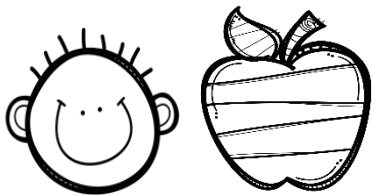


# Weekly Menu #11

1-12 years Old for the week of: 11/22/21



Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Oatmeal, Apples and Raisins, Milk	Eggs, Toast, Cantaloupe and Milk Add Peanut Butter to Toast for protein supplement replacement	Oatmeal, Apples and Raisins, Milk	Eggs, Toast, Cantaloupe and Milk Add Peanut Butter to Toast for protein supplement replacement	Oatmeal, Apples and Raisins, Milk
AM SNACK	Whole grain English Muffin, Strawberries and Milk	Peanut Butter Apples topped with Granola and Raisins and Milk	Whole grain English Muffin, Strawberries and Milk	Peanut Butter Apples topped with Granola and Raisins and Milk	Whole grain English Muffin, Strawberries and Milk
LUNCH	Cheesy Chicken and Brown Rice Casserole with Peas and Carrots, Oranges and Milk	Meatloaf, Whole Grain Bread, Baked potatoes, Grapes and Milk	Corn Dogs, Whole Grain Bread, Baked Beans, Oranges and Milk	Ziti with Homemade Meat Sauce, Grapes, Broccoli and Milk	Turkey Sandwich on Whole Grain, Cucumbers, oranges and Milk
PM SNACK	Apples, Pretzels and Milk	Homemade French Toast Sticks made on Whole Grain Bread and Milk	Apples, Pretzels and Milk	Homemade French Toast Sticks made on Whole Grain Bread and Milk	Apples, Pretzels and Milk



# Weekly Menu #12

1-12 years old for the week of: 11/29/21



Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Multigrain Cheerios and Bananas and Milk	Eggs, Whole Grain Toast, Peaches and Milk Add Peanut Butter to Toast for protein supplement replacement	Whole Grain Toast and Melon and Milk	Eggs, Whole Grain Toast, Peaches and Milk Add Peanut Butter to Toast for protein supplement replacement	Whole Grain Toast and Melon and Milk
AM SNACK	Yogurt, Blueberries, Granola Water	Banana and Milk	Yogurt, Blueberries, Granola Water	Banana and Milk	Yogurt, Blueberries, Granola Water
LUNCH	Meatballs, Brown Rice, Green Beans, Oranges and Milk	Chicken Nuggets, Whole Grain Bread, Peas, Applesauce and Milk	Tator Tot Casserole, Whole Grain Bread, Oranges, Green Beans and Milk	Homemade Macaroni and Cheese, Whole Grain Bread, Peas, Applesauce and Milk	Tacos, Carrot Sticks, Oranges, and Milk
PM SNACK	Brown Sugar Oatmeal Squares, and Milk	Cheese, Pretzels and Water	Brown Sugar Oatmeal Squares, and Milk	Cheese, Pretzels and Water	Brown Sugar Oatmeal Squares, and Milk