

Spring & Summer Menu Week 4 2022

Week:

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal & Milk Fresh Fruit Water	Bagel with Cream Cheese Fresh Fruit Water	Yogurt & Berries Arrowroot Cookies Water	Apple Sauce Digestive Cookies Fruit	Blueberry French Toast Casserole Fresh Fruit Water
Lunch	Ham & Cheese on a Bun Carrots & Celery Fresh Fruit Water	Parmesan Chicken Rice Green Beans Fresh Fruit Water	Baked Spaghetti Garden Salad Fresh Fruit Water	Broccoli & Cheddar Quiche, Pepper Slices Fresh Fruit Water	Chicken Fingers Mashed Potatoes Cream Corn Fresh Fruit Water
Afternoon Snack	Rice Cakes Fresh Fruit Water	Chocolate Pudding Fresh Fruit Water	Veggies & Dip Crackers Water	Chocolate Zucchini Muffins Fresh Fruit Water	Oatmeal Cookies Fresh Fruit Water

*All pastas/breads will be whole grains *Fruits may change with season*Water will be available at all times*