

Spring & Summer Menu Week 2 2022

Week:

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Waffles Fresh Fruit Water	Cereal & Milk Fresh Fruit Water	Banana Muffins Fresh Fruit Water	Yogurt & Berries Digestive Cookies Water	Scrambled Eggs Toast Fresh Fruit Water
Lunch	Goulash Garden Salad Fresh Fruit Water	Roast Chicken Mashed Potatoes Green Beans Fresh Fruit Water	Turkey, Whole Wheat Bun, Cheese, Pickles & Beets Fresh Fruit Water	Quiches Lorraine, Pepper Slices Fresh Fruit Water	Fish Sticks, Sweet Potatoes, Cucumber Slices Fresh Fruit Water
Afternoon Snack	Oatmeal Cookie Fresh Fruit Water	Bits & Bites Fresh Fruit Water	Crackers & Cheese Pickles Water	Rice Cake Fresh Fruit Water	Vanilla Pudding Fresh Fruit Water

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