





WEEK 1 – SUMMER MENU



MENU	Monday	Tuesday	Wednesday	Thursday	Friday
Snack 	Melba Toast Orange Wedges Milk	Cheese Cubes Apple Slices Milk	Yogurt Peach Slices Milk	Apple Bran Muffins Juice	Cheerios Banana Slices Milk
Lunch 	Tomato Soup Tuna Sandwiches Carrots Green Pepper Milk	Vegetarian Macaroni Goulash Peas Cucumber Whole Wheat Bread Milk	Picnic Day: Veggie Wrap, Cheese and Tuna Sandwiches Celery Water	Salmon Cakes Squash Zucchini Sticks Whole Wheat Bread Milk	Veggie & Chicken Pizza Tossed Salad Milk
Snack 	Blueberry Muffins Juice	Grapes Arrowroot Cookies Water	Carrot Oatmeal Cookies Melon Slices Water	Raw Vegetables and Pita Bread Dip Water	Fruit Kabobs Rice Crackers Water



WEEK 2- SUMMER MENU






MENU	Monday	Tuesday	Wednesday	Thursday	Friday
Snack 	Whole Wheat Toast Apple Slices Milk	Rice Cakes Melon Cubes Milk	Yogurt Pear Slices Milk	Banana Bran Muffins Juice	Cheerios Banana Slices Milk
Lunch 	Cheesy Chicken Divan Mixed Vegetables Tomato Wedges Whole Wheat Bread Milk	Draga's Summer Meatloaf Roasted Red Potatoes Steamed Broccoli Carrot Sticks Whole Wheat Bread Milk	Picnic Day: Bagels and Cream Cheese Chicken and Tuna Sandwiches Cauliflower Carrot Sticks Water	Spaghetti and Meat Sauce Cucumber Slices Whole Wheat Bread Milk	Homemade Fish Sticks Broccoli & Rice Casserole Tossed Salad Whole Wheat Bread Milk
Snack 	Blueberry Cake Juice	Chewy Oatmeal Bars Orange Wedge Water	Bananas & Wheat Germ Milk	Apples Arrowroot Cookies Water	Fruit Salad Molasses Cookies Water



WEEK 3- SUMMER MENU






MENU	Monday	Tuesday	Wednesday	Thursday	Friday
Snack 	Cheese Cubes Apple Slices Milk	Whole Wheat Toast Orange Wedge Milk	Yogurt & Seasonal Fruit Milk	Apple Bran Muffins Juice	Cheerios Banana Slices Milk
Lunch 	Chili or Tacos Pepper Sticks Cucumber Sticks Milk	Chicken and Veggie Lasagna Mixed Vegetables Celery Whole Wheat Bread Milk	Tuna, Egg Sandwiches Turkey & Veggie Wraps Carrot Sticks Tomato Wedges	Vegetable Egg Frittata Tossed Salad with Chickpeas Cottage Cheese Whole Wheat Bread Milk	Cheese Ravioli in Tomato Sauce Bean Salad Broccoli Whole Wheat Bread Milk
Snack 	Oatmeal Cranberry Muffins Juice	Gingerbread Apple Sauce Water	Rice Cakes Grapes Water	Oatmeal Cookies Carrot Sticks Water	Melon Slices Arrowroot Cookies water



WEEK 4- SUMMER MENU



MENU	Monday	Tuesday	Wednesday	Thursday	Friday
Snack 	Melba Toast Apple Slices Milk	Rice Cakes Melon Cubes Milk	Yogurt Pear Slices Milk	Carrot Apple Muffins Juice	Cheerios Banana Slices Milk
Lunch 	Macaroni and Cheese Mixed Vegetables Tomatoes Whole Wheat Bread Milk	Sweet and Sour Meatballs Rice Steamed Carrots Green Pepper Whole Wheat Bread Milk	Picnic Day: Sandwiches - Chicken, Cheese, Egg Salad Cauliflower Broccoli Water	Tuna Casserole Tossed Salad Whole Wheat Bread Milk	Seasonal Salad Roast Beef Slices Whole Wheat Bread Milk
Snack 	Oatmeal Fruit Cookies Juice	Arrowroot Cookies Grapes Water	Molasses Oat Bran Bars Orange Wedge Water	Fruit Salad Rice Crackers Water	Oatmeal Cake Apple Slices Water