

# Weekly Menu Planner

February - May

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Cereal Fruit  Milk	Waffles Fruit  Milk	Fruit muffins  Milk	Applesauce Crackers  Milk	Toast and Jam  Milk
<b>Lunch</b>	Mac N Cheese  Vegetables  Milk	Ham Sandwiches Tomato Soup Vegetables  Milk	Fish Tacos Coleslaw  Milk	Meatballs, sauce Rice Vegetables  Milk	Cheese Egg Bites Rice  Milk
<b>PM Snack</b>	Make your own Fruit Rollups  Water	Cheese, pickles Crackers  Water	Yogurt Fruit  Water	Protein Balls Fruit  Water	Bear paws Fruit  Water
<b>Changes to Menu:</b>					

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Yogurt Fruit  Milk	Fruit muffins  Milk	Cereal Fruit  Milk	Bagel Cream cheese  Milk	Cereal Fruit  Milk
<b>Lunch</b>	Tuna melt  Vegetables  Milk	Chicken curry Rice Vegetables  Milk	Chicken strips Potato and carrot bake  Milk	Hamburger Rice with sauce Vegetables  Milk	Bacon, tortellini with cream sauce Vegetables  Milk
<b>PM Snack</b>	Granola bar Fruit  Water	Apple sauce Crackers  Water	Fruit smoothies Arrowroot cookies  Water	Rice krispy square Fruit  Water	Meat, cheese Crackers  Water
<b>Changes to Menu:</b>					

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Bagel Cream cheese  Milk	Cereal Fruit  Milk	Applesauce Crackers  Milk	Cereal Fruit  Milk	Fruit smoothis Crackers  Milk
<b>Lunch</b>	Feta tomato pasta  Vegetables  Milk	Beef quesadiia  Vegetables  Milk	Perogies Galric sausage Vegetables  Milk	Korea chicken noodle soup, buns Vegetables  Milk	Pizza Salad  Milk
<b>PM Snack</b>	Protein balls  Water	Yogurt Fruit  Water	Cheese, pickle Crackers  Water	Granola bar Fruit  Water	Bnana pancakes  Water
<b>Changes to Menu:</b>					

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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Yogurt Fruit  Milk	Toast, Jam  Milk	Cereal Fruit  Milk	Fruit smoothis Crackers  Milk	Waffles Fruit  Milk
<b>Lunch</b>	Mini wontons Rice Vegetables  Milk	Fish and chips  Vegetables  Milk	Spaghetti meatballs  Vegetables  Milk	Chicken burrito  Vegetables  Milk	BLT sandwiches Salad  Milk
<b>PM Snack</b>	Bear paws Fruit  Water	Fruit crackers  Water	Applesauce Crackers  Water	Fruit muffins  Water	Oatmeal raisin Cookies  Water
<b>Changes to Menu:</b>					