

Menu - Week 4



	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	1 Whole grain pancake with 1 tbsp reduced calorie pancake syrup	1/2 c applesauce and 1/2 cut biscuit	1 slice whole grain cinamon raisin bread with light cream cheese	1 breakfast quesadilla with turkey sausage	1/2 cup fresh fruit and 1/3 c unsweetened rice cereal
	3/4 c 1%Milk*	3/4 c 1%Milk*	3/4 c 1%Milk*	3/4 c 1%Milk*	3/4 c 1%Milk*
*Whole milk for Yellow Ducks and Purple Bunnies Classrooms					
Lunch	3/4 cup turkey chili	1 chicken and mozzarella cheese burrito	1/4 cup brown rice	1/4 cup spaghetti and meat sauce	1 mini hamburger
	1/4 cup brown rice		3/4 cup beef and broccoli stir fry	1/4 cup green salad with 1 tbsp shredded carrots	1 mini whole wheat bun
	1/2 cup frozen corn, cooked	1/2 cup frozen mixed vegetables	1/4 cup pineapple chunks	1 tbsp lowfat salad dressing	sweet potato fries
	1/4 cup Fresh fruit	1/2 cup Fresh Fruit		1/4 cup Fresh Fruit	4 slices Kiwi fruit
	3/4 cup 1% milk*	3/4 c 1%Milk*	3/4 c 1%Milk*	3/4 c 1%Milk*	3/4 c 1%Milk*
P.M. Snack	1 tbsp sunflower butter	1 granola bar	1/2 oz string cheese	1 homemade brownie square	1/2 mini bagel
	1/2 cup apple slices	1/2 cup orange juice	1/4 cup carrot-raisin salad	1/2 cup fresh fruit	1/2 oz cheddar cheese
	water	water	water	3/4 c 1% Milk	water
**Water is served with every P.M. Snack even if another beverage is served					
5 p.m snack	1/4 c. gold fish crackers and water	4 animal crackers and water	1 mini churo and water	4 Ritz crackers and water	1/4 c cheez-it