

Salvation Army Site



WK 1	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Animal Crackers	Cereal	Oatmeal	Whole Wheat Toast	Pancakes
	Fruit	Fruit	Fruit	Yogurt	Fruit
	Milk	Milk	Milk	Water	Water
PM	Naan Bread	Rice	Tortilla Wrap	Granola Bar	English Muffin
	Veggies/Dip	Veggies	Wow Butter	Cheese	Shredded Cheese
	Milk	Water	Milk	Water	Water

WK 2	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Cereal	Fruit Smoothie	Arrowroot	Cinnamon Toast	Bagels/Cream Cheese
	Fruit	Graham Crackers	Fruit Bar	Cheese	Fruit
	Milk	Water	Milk	Juice	Milk
PM	Cheese	Beans in Tomato Sauce	Trail Mix	Goldfish Crackers	Pretzels
	Quesadillas	Whole Wheat Buns	Fruit	Veggies	Cheese
	Water	Milk	Milk	Milk	Juice

WK 3	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Waffles	Cereal Bar	Cereal	Tortilla Wrap	Toasted English Muffin
	Applesauce	Fruit Cocktail	Fruit	Cinnamon Apples	Cheese
	Milk	Milk	Milk	Milk	Juice
PM	Tator Tots	Tortilla Chips	Crackers	Grilled Cheese	Frozen Yogurt Tube
	Veggies	Salsa/Shredded Cheese	Cheese / Pickles	Veggies	Graham Crackers
	Milk	Juice	Water	Water	Water

WK 4	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Scrambled Eggs	Oatmeal	Graham Crackers	Cereal	Cereal Bar
	Toast	Fruit	Yogurt	Fruit	Cheese
	Milk	Milk	Juice	Milk	Water
PM	Yogurt	Rice Cakes	Whole Wheat Pasta	Bread Sticks	Naan
	Animal Crackers	Veggies	Veggies	Applesauce	Veggies/Dip
	Juice	Milk	Milk	Milk	Milk