

Dr. Penner Site



WK 1	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Graham Crackers	Cereal	Bagels	Nutrigrain	Crackers
	Apple Sauce	Fruit	Scrambled Eggs	Fruit	Yogurt
	Milk	Milk	Juice	Milk	Juice
PM	Trail Mix	Slider Buns	Rice Cakes	Goldfish	Quesadillas
	Seasonal Fruit	Flakes of Chicken	Veggies	Cheese Strings	Peppers
	Milk	Cheese	Chocolate Milk	Juice	Cheese

WK 2	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Oatmeal	Animal Crackers	Wraps	Cinnamon Raisin Toast	Cereal
	Raisins/Fruit	Seasonal Fruit	Bananas	Yogurt	Seasonal Fruit
	Milk	Yogurt	Cream Cheese	Juice	Milk
PM	Naan Bread	Crackers/Hummus	Tacos	Bread Sticks	Nacho Chips
	Brown Beans	Veggies	Lettuce & Peppers	Caesar Salad	Salsa
	Milk	Milk	Sour Cream & Grated Cheese	Milk	Shredded Cheese

WK 3	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Animal Crackers	Homemade Granola	English Muffins	Wraps	Arrowroot Cookies
	Canned Peaches	Yogurt	Cheese	Seasonal Fruit	Cinnamon Apple Sauce
	Milk	Seasonal Fruit	Juice	Milk	Cheese
PM	Pita Bread w/ Hummus	Mini Croissants	Rice Cakes	Pretzels	Slider Bun Pizzas
	Veggies	Cheese	Veggies	Celery w/ Cheese Whiz	Pepperoni & Peppers
	Milk	Juice	Milk	Milk	Shredded Mozza

WK 4	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Crackers	Porridge	Cereal	Graham Crackers	Waffles w/Cool Whip
	Dried Mangoes	Raisins	Seasonal Fruit	Canned Pears	Frozen Fruit
	Milk	Milk	Milk	Cheese	Milk
PM	KIDS	Crackers	Smoothies	Garlic Sausage	Rice
	CREATION	Veggies	Arrowroot Crackers	Ritz Crackers	Frozen Mixed Veggies
		Cheese		Cheese	Milk