

# Sample Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Cereal Banana Milk	Oatmeal w/ Raisins and Milk	Eggs Whole Wheat Toast Milk	Vanilla Yogurt Peaches Milk	Cheese Grits Apple Juice Milk
Lunch	Vegetarian Vegetable Cheese Toast <b>Fresh Fruit Salad</b> Milk	Chicken Quesadilla W/ Black Beans <b>Fresh Fruit Salad</b> Milk	Flatbread Cheese Pizza Broccoli <b>Fresh Fruit Salad</b> Milk	3 Bean Chili w/ Turkey Corn Bread <b>Fresh Fruit Salad</b> Milk	Tuna salad w/ Pita Wedges <b>Fresh Fruit Salad</b> Carrot Sticks Milk
Afternoon Snack	Graham Crackers Cream Cheese	Apple Wedges Sun Butter	Hummus Whole Wheat Crackers	Cheddar Slices and Triscuits	Fruit and Yogurt Smoothie