

**4 Week Menu Cycle
(Regular and Vegetarian)**

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| **Week 1** |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning Snack** | Biscuit with Grape Jelly | Blueberry Muffin | Pancakes withBananas | Oatmeal with Fresh Strawberries | Fresh Fruit Parfait |
| **Lunch** | Chicken Noodle SoupGrilled CheesePeaches**Vegetarian**Vegetable SoupGrilled CheesePeaches | Cheese Ravioliwith MarinaraGreen BeansMandarin Orange**Vegetarian**Cheese Ravioliwith MarinaraGreen BeansMandarin Orange | Cheese and SpinachQuesadillasBlack BeansFresh Bananas**Vegetarian**Cheese and SpinachQuesadillasBlack BeansFresh Bananas | Chicken TendersVegetable MedleyMashed PotatoesAssorted Fruit**Vegetarian** Vegetarian NuggetsVegetable MedleyMashed PotatoesAssorted Fruit | Cheese Pizza with SpinachSteamed CornApplesauce**Vegetarian**Cheese Pizza with SpinachSteamed CornApplesauce |
| **Afternoon Snack** | Pretzels withSoy Butter and Celery Sticks | Wheat Crackers withString Cheese  | Fig Newton Bars and Orange Slices | Cucumbers with Ranch Dressing | Cheez-ItCrackers with Diced Melon |



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| **Week 2** |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning Snack** | Homemade Banana Bread | Apple Crisp | Cream of Wheat with Strawberries | Bagels with Cream Cheese | Applesauce with Animal Crackers |
| **Lunch** | Sweet and Sour Chicken with SauceGarden Blend RiceMelon**Vegetarian**Veggie Stir FryGarden Blend RiceMelon | Sloppy Joeon a BunSteamed BroccoliMandarin Oranges**Vegetarian**Vegetarian Sloppy Joe on a BunSteamed BroccoliMandarin Oranges | Taco Salad withSpanish RiceFresh Fruit**Vegetarian**Taco Salad with Black Beans Spanish RiceFresh Fruit | Grilled CheeseSandwichesGarden SaladRoasted Potatoes**Vegetarian**Grilled Cheese SandwichesGarden SaladRoasted Potatoes |  Fettuccine AlfredoSteamed VegetableMedleyPineapples**Vegetarian**Fettuccine AlfredoSteamed Vegetable MedleyPineapples |
| **Afternoon Snack** | Bean Dip and Wheat Tortilla | Garlic Breadsticks with Marinara | Homemade Granola Bars | Trail Mix withApple Slices  | Vegetables Sliceswith Wheat Crackers and Ranch Dip |



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| **Week 3** |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning Snack** | Pancakes with Fresh Strawberries | Fresh Smoothie with Graham Crackers | Homemade Zucchini Bread | Peach Crisp | French Toast Stickswith Fresh Blueberries |
| **Lunch** | Chicken Fried RiceSteamed BroccoliPineapple**Vegetarian**Vegetarian Fried RiceSteamed BroccoliPineapple | Macaroni and CheeseMixed VegetablesAssorted Fruit**Vegetarian**Macaroni and CheeseMixed VegetablesAssorted Fruit | Cheeseburger ona BunLettuce, Tomato, PickleMelon**Vegetarian**Veggie BurgerGarden Salad with DressingPeaches | Meat LasagnaRoasted VegetablesAssorted Fruit**Vegetarian**Cheese and Spinach LasagnaRatatouille VegetablesAssorted Fruit | Chicken NuggetsSteamed PeasMashed PotatoesMandarin Orange**Vegetarian**Vegetarian NuggetSteamed PeasMashed PotatoesMandarin Orange |
| **Afternoon Snack** | Fruit Cupwith Goldfish | Cucumber SlicesWith String Cheese | Sliced Appleswith Soy Butter | Wheat Cracker with Bananas | Animal Crackerswith Yogurt |



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| **Week 4** |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning Snack** | Toast with Grape Jelly | Apple Cinnamon Muffin | Waffles with Bananas | Oatmeal with Fresh Strawberries | Fresh Fruit Parfait |
| **Lunch** | MeatloafMashed SweetPotatoes with RollsFresh Fruit**Vegetarian**Meatless MeatloafMashed Sweet Potatoes with RollsFresh Fruit | Chicken Salad SandwichTomato SoupPIneapples**Vegetarian**VegetarianSandwichTomato SoupPineapple | Shepherds PieAssorted FruitWheat Rolls**Vegetarian**Vegetarian Shepherds PieAssorted FruitWheat Rolls | Herb Baked ChickenCouscousRoasted SquashFruit Cup**Vegetarian**Black Bean Burger Roasted SquashFruit Cup | Chicken Pasta CasseroleGreen BeansApplesauce**Vegetarian**Pasta CasseroleGreen BeansApplesauce |
| **Afternoon Snack** | YogurtGraham Crackers | String CheeseWheat Crackers | Garlic Bread Sticks with Marinara | Cucumbers with Ranch Dressing | Cheez-Itwith Diced Melon |