

**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 with Bananas | Oatmeal with Fresh Strawberries | Fresh Fruit Parfait |
| **Lunch** | Chicken Noodle Soup Grilled Cheese Peaches  **Vegetarian** Vegetable Soup Grilled Cheese Peaches | Cheese Ravioli with Marinara Green Beans Mandarin Orange  **Vegetarian** Cheese Ravioli with Marinara Green Beans Mandarin Orange | Cheese and Spinach Quesadillas Black Beans Fresh Bananas  **Vegetarian** Cheese and Spinach Quesadillas Black Beans Fresh Bananas | Chicken Tenders Vegetable Medley Mashed Potatoes Assorted Fruit  **Vegetarian**  Vegetarian Nuggets Vegetable Medley Mashed Potatoes Assorted Fruit | Cheese Pizza with Spinach Steamed Corn Applesauce  **Vegetarian** Cheese Pizza with Spinach Steamed Corn Applesauce |
| **Afternoon Snack** | Pretzels with Soy Butter and Celery Sticks | Wheat Crackers with String Cheese | Fig Newton  Bars and Orange Slices | Cucumbers with Ranch Dressing | Cheez-It Crackers 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 Sauce Garden Blend Rice Melon  **Vegetarian** Veggie Stir Fry Garden Blend Rice Melon | Sloppy Joe on a Bun Steamed Broccoli Mandarin Oranges **Vegetarian** Vegetarian Sloppy Joe on a Bun Steamed Broccoli Mandarin Oranges | Taco Salad with Spanish Rice Fresh Fruit  **Vegetarian** Taco Salad with Black Beans  Spanish Rice Fresh Fruit | Grilled Cheese Sandwiches Garden Salad Roasted Potatoes **Vegetarian** Grilled Cheese Sandwiches Garden Salad Roasted Potatoes | Fettuccine Alfredo Steamed Vegetable Medley Pineapples **Vegetarian** Fettuccine Alfredo Steamed Vegetable Medley Pineapples |
| **Afternoon Snack** | Bean Dip and Wheat Tortilla | Garlic Breadsticks with Marinara | Homemade Granola Bars | Trail Mix with Apple Slices | Vegetables Slices with 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 Sticks with Fresh Blueberries |
| **Lunch** | Chicken Fried Rice Steamed Broccoli Pineapple  **Vegetarian** Vegetarian  Fried Rice Steamed Broccoli Pineapple | Macaroni and Cheese Mixed Vegetables Assorted Fruit  **Vegetarian** Macaroni and Cheese Mixed Vegetables Assorted Fruit | Cheeseburger on a Bun Lettuce, Tomato, Pickle Melon **Vegetarian** Veggie Burger Garden Salad with Dressing Peaches | Meat Lasagna Roasted Vegetables Assorted Fruit **Vegetarian** Cheese and Spinach Lasagna Ratatouille Vegetables Assorted Fruit | Chicken Nuggets Steamed Peas Mashed Potatoes Mandarin Orange  **Vegetarian** Vegetarian Nugget Steamed Peas Mashed Potatoes Mandarin Orange |
| **Afternoon Snack** | Fruit Cup with Goldfish | Cucumber Slices  With String Cheese | Sliced Apples with Soy Butter | Wheat Cracker with Bananas | Animal Crackers with 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** | Meatloaf Mashed Sweet Potatoes with Rolls Fresh Fruit  **Vegetarian** Meatless Meatloaf Mashed Sweet Potatoes with Rolls Fresh Fruit | Chicken Salad Sandwich Tomato Soup PIneapples  **Vegetarian** Vegetarian Sandwich Tomato Soup Pineapple | Shepherds Pie Assorted Fruit Wheat Rolls  **Vegetarian** Vegetarian Shepherds Pie Assorted Fruit Wheat Rolls | Herb Baked Chicken Couscous Roasted Squash Fruit Cup  **Vegetarian** Black Bean Burger  Roasted Squash Fruit Cup | Chicken Pasta Casserole Green Beans Applesauce  **Vegetarian** Pasta Casserole Green Beans Applesauce |
| **Afternoon Snack** | Yogurt Graham Crackers | String Cheese Wheat Crackers | Garlic Bread Sticks with Marinara | Cucumbers with Ranch Dressing | Cheez-It with Diced Melon |