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| **Breakfast** | **Lunch** | **Dinner 1** | **Dinner 2** |
| Cereal with milk:   * Rice chex * Cinnamon Toast Crunch * Cheerios-plain * Frosted flakes   Toast:   * Wheat * White   Honey wheat bagel | Protein:   * Turkey * Ham * Roast beef * PB and Jelly * Hummus   Cheese:   * American * Cheddar * Swiss * None   Condiment:   * Ketchup * Mustard * Mayonnaise * None   Bread   * Wheat * White * Multigrain bun | 1. Penne pasta with marinara sauce  2. Penne pasta with meat sauce  3. Chicken nuggets  4. Grilled Cheese | 1. Penne pasta with marinara sauce  2. Penne pasta with meat sauce  3. Chicken nuggets  4. Grilled Cheese |
| **Sides** | **Fruits/Vegetables** | **Spreads/Dips** | **Beverages** |
| * Turkey bacon * Hardboiled egg * String Cheese * Greek Go-gurt (yogurt) * Strawberry yogurt * Almonds * Pretzels * Potato Chips * Tator tots * Rice * White dinner roll * Wheat dinner roll * White bread * Wheat bread * Popcorn * Granola bar * Cheese its | * Applesauce * Grapes * Seasonal fresh fruit * Bananas * Mandarin oranges * Cooked green beans * Corn * Cooked broccoli * Mixed green beans * Strawberries | * Peanut butter * Strawberry jam * Grape jelly * Hummus * American cheese * Swiss cheese * Cheddar cheese * Ketchup * Mustard * Mayonnaise | * Water * Apple juice * Orange juice * Skim milk * 2% milk * Whole Milk * Chocolate milk * Vanilla soy milk |
| **Desserts** |
| * Chocolate and vanilla pudding * Graham crackers * Chocolate chip cookies * Rice krispy treats |