|  |  |  |  |
| --- | --- | --- | --- |
| **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 sauce2. Penne pasta with meat sauce3. Chicken nuggets4. Grilled Cheese | 1. Penne pasta with marinara sauce2. Penne pasta with meat sauce3. Chicken nuggets4. 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
 |