SUMMER MENU: WEEK 2

Together we can give our kids a Healthy, Active Start!

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	-Grandma's Best Banana Bread -Apple Smiles -Milk	-Whole Wheat Pancakes with Syrup -Sweet Berries -Milk	-Whole Grain Toast with butter & jam -Perfect Pears -Milk	-Yogurt -Crunchy Granola Topping & Peachy Peaches -Milk	-Breakfast Scramble -Potatoes, Eggs & Cheese -Fresh Fruit in Season -Milk
Lunch	Texas Beef Taco Salad	Chicken Fried Rise Stir Fry	Cheesy Whole Wheat Quesadillas	Mac & Cheese with Ham	Turkey & Cheese Wrap
	Texas Black Bean Taco Salad	Tofu Fried Rise Stir Fry		Mac & Cheese	Refried Bean & Cheese Wrap
	-Whole Grain Taco Chips, Lettuce, Green Peppers, Chopped Tomato, Cheese, Sour Cream -Milk	-Shredded Carrots - Pea Pods - Milk	-Fresh Veggies -Milk	-Carrots & Cucumber Coins -Milk	-Fresh Veggies -Milk
Snack	-Oatmeal Granola Square -Fresh Fruit in Season -Water	-Whole Grain Crackers -Cheese Slices -Fresh Fruit in Season -Water	-Naturally Nut Free Trail Mix -Fresh Fruit in Season -Water	-Whole Grain Pita with Spinach Dip -Fresh Fruit in Season -Water	-Ice cream Treat Fridays -Fresh Fruit in Season -Water

MENU DETAILS

- = with Fish
- = Regular
- = Vegetarian

- ✔ Nut Free Facility
- ✔ 2% or Whole Milk Served
- ✔ Nutritionist Approved Menu
- ✔ Passes the "Child's Choice Taste Test!"