

SNACK MENU

SPRING 2011

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	-Blueberry Waffles and Milk	-Cheese Whiz Toast (Whole Wheat), Water	-Apples, Whole Wheat English Muffins, Water	-Banana Muffins, Milk	-Whole Wheat Bagels, Cream Cheese, Water
LUNCH	-Grilled Cheese Sandwich (Whole Wheat Bread), Tomato Soup, Water	-Whole Wheat Spaghetti, Meat Sauce, Carrots, Milk	-All Beef Hot Dogs (Whole Wheat Buns), Salad and Milk	-Tuna Sandwich (Whole Wheat Bread), Vegetable Soup, Milk	-Pork Sausage, Whole Wheat Pancakes, Fresh Fruit, Milk
PM SNACK	-Raisins and Pretzels Water	-Rice Cakes, Banana's and Water	-Fruit Salad, Graham Wafers, Water	-Cheese, Pickles, Crackers, Water	-Nachos, Salsa, Water
AM SNACK	-Yogurt, Graham Wafers, Water	-Cereal and Milk	-Bran Muffins, Milk	-Cheese Whiz Toast (Whole Wheat), Water	-Oatmeal, Brown Sugar, Milk, Water
LUNCH	-Shepherd's Pie(Ground Beef, Mixed Veggies, Mashed Sweet Potato), Milk	-Pizza Buns (Whole Wheat Buns, Pizza Sauce, Ham and Pineapple), Fresh Veggies, Yogurt Dip, Water	-All Beef Wieners, Beans, Whole Wheat Toast, Milk	-Sloppy Joes on Whole Wheat Bun, Fresh Veggies, Milk	-Scrambled Eggs, Cheese, Hash browns, Whole Wheat Toast, Water
PM SNACK	-Fresh Veggies, Yogurt Dip, Water	-Frozen Yogurt Cones and Water	-Puffed Wheat Squares, Apples, Water	-Oatmeal Cookies, Milk	-Apples, Crackers, Water
AM SNACK	-Raisin Toast, Milk	-Blueberry Muffins, Milk	-Granola Bars, Milk	-Cereal and Milk	-Bananas, Milk
LUNCH	-Ham and Cheese Sandwich (Whole Wheat Bread), Beef Vegetable Soup, Water	-Roast Chicken, Mashed Potatoes, Corn, Milk	-Soft Tacos (Ground Beef, Lettuce, Cheese, Whole Wheat Tortilla), Water	-Egg Salad Sandwich (Whole Wheat Bread), Tomato Soup, Milk	-Fish Sticks, Potato Wedges, Cucumbers, Water
PM SNACK	-Cheese, Crackers, Water	-Apple Sauce Cake, Milk	-Trail Mix (Cranberries, Pretzels, Dried Cereal, Raisins), Milk	-Rice Krispie Squares, Apples, Water	-Pretzels, Dried Cranberries, Water
AM SNACK	-Whole Wheat English Muffins, Orange Juice	-Apple Sauce, Graham Wafers, Water	-Cereal and Milk	-Cinnamon Toast (Whole Wheat), Milk	-Fresh Fruit, Milk
LUNCH	-Chicken Salad Sandwich (Whole Wheat Bread), Mushroom Soup, Carrot Sticks, Milk	-Hamburger Goulash(Hamburger, Whole Wheat Pasta, Mushroom Soup), Fresh Veggie Sticks, Milk	-Subs (All Beef Bologna, Lettuce, Tomato, Cheese, Whole Wheat Buns), Milk	-Ham, Potato and Cheddar Perogies, Peas, Milk	-Hamburgers (Whole Wheat Buns), Salad, Milk
PM SNACK	-Strawberry Yogurt Pops, Water	-Whole Wheat Pita Bread, Hummus, Water	-Banana Bread, Milk	-Fresh Veggies and Yogurt dip, Water	-Salsa, Bread Sticks, Water