

SAMPLE MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Oatmeal & raisins	Scrambled eggs	Banana oat muffins	Egg & cheese burritos	Waffles & Applesauce
	Bananas	Toast	Strawberries	Bell peppers	Bacon
		Avocados		Grapes	
LUNCH	Chicken & kale quesadillas	Whole grain pasta	Chicken & sweet potatoes	Chicken, tomato, & rice	Kale & sausage whole wheat pizza
	Carrots	Ground turkey & veggie pasta sauce	Bell Peppers	Roasted carrots	Strawberrues
	Blackberries		Apples		
SNACK	Apples	Yogurt	Cheese & crackers	Yogurt	Ham
	Peanut butter	Granola	Grapes	Mixed melon salad	Mixed melon salad
Homegrown fruits and vegetables used when in season and available					