

	<b>Breakfast (7:00-7:45)</b>	<b>Snack (9:45-10:00)</b>	<b>Lunch (11:45-12:00)</b>	<b>Snack (3:15-3:45)</b>
<b>Monday</b>	<b>Oatmeal, Muffins</b> Cold Cereal with Milk Seasonal Fruit Milk	<b>Yogurt</b> Seasonal Fruit Apple Juice	<b>Beef Stew</b> Bread & Butter Seasonal Fruit Milk	<b>Animal Crackers</b> Seasonal Fruit Water
<b>Tuesday</b>	<b>Oatmeal, Muffins</b> Cold Cereal with Milk Seasonal Fruit Milk	<b>Blueberry Waffles</b> Seasonal Fruit Apple Juice	<b>Pulled Pork Sandwiches</b> <b>Raw Veggies</b> Bread & Butter Seasonal Fruit Milk	<b>Goldfish Crackers</b> Seasonal Fruit Water
<b>Wednesday</b>	<b>Oatmeal, Muffins</b> Cold Cereal with Milk Seasonal Fruit Milk	<b>Toast &amp; WowButter</b> Seasonal Fruit Apple Juice	<b>Ham Steaks</b> <b>Raw Veggies</b> Bread & Butter Seasonal Fruit Milk	<b>Graham Crackers</b> Seasonal Fruit Water
<b>Thursday</b>	<b>Oatmeal, Muffins</b> Cold Cereal with Milk Seasonal Fruit Milk	<b>Pancakes</b> Seasonal Fruit Apple Juice	<b>Chicken Quesadillas</b> Bread & Butter Seasonal Fruit Milk	<b>Ritz Crackers</b> Seasonal Fruit Water
<b>Friday</b>	<b>Oatmeal, Muffins</b> Cold Cereal with Milk Seasonal Fruit Milk	<b>Cheese &amp; Crackers</b> Seasonal Fruit Apple Juice	<b>Fettuccini Alfredo</b> <b>Raw Veggies</b> Bread & Butter Seasonal Fruit Milk	<b>Arrowroot Cookies</b> Seasonal Fruit Water

**Seasonal Fruit:**

apples, bananas, clementines, cantelope, honeydew melon, canary melon, watermelon, grapes, kiwi, oranges, raisins, craisins, pears, mango, pineapple, strawberries, pears

**Raw Veggies:**

red, green or yellow peppers, cucumbers, carrot, celery, broccoli, snap peas, tomatoes, cauliflower

***SAMPLE MENU***