

MONTHLY 2010



Meal times	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 6:30	Bagel cereal, fruit	Bagel cereal, fruit	Bagel , cereal fruit	Bagel, cereal, fruit	Bagel, cereal, fruit
Am snack 10:30	Fruit bars, yogurt,	String cheese, toast	Bananas, yogurt	Bagels, fruit	Fruit bars, milk
Lunch 11:30-12:30	Hot dogs, fruit, chips	Turkey sandwich, veggies	Quesadillas, veggies	Pizza rolls, veggie, fruit	Corn dogs, fruit, veggies
Pm snack 3:45	Popcorn, juice, fruit	Smoothies, trail mix	Chips, salsa	Crackers 'n cheese, milk	Trail mix, juice
Dinner 6:15	Nuggets, veggie, fruit	Turkey sandwich, corn chips	Burritos, veggies	Ham sandwich, chips	Bagel bites, veggies
Breakfast 6:30	Bagel, or cereal, fruit	Toast, cereal, fruit	Toast ,cereal, fruit	Toast ,cereal, fruit	Toast ,cereal, fruit
Am snack 10:30	String cheese, bagels	Applesauce, vanilla wafers	Fruit & yogurt medley	Celery w/cheese, Cheerios	Fruit bars, yogurt
Lunch 11:30-12:30	Chicken soup, crackers	Ham sandwich, chips	Turkey hot dogs, fruit, chips	Grilled cheese	Chicken Nuggets, veggies
Pm snack 3:45	Chips and salsa	Monkey crunch	Apples, graham crackers	Oranges, cheese sticks	Popcorn & smoothies
Dinner 6:15	Quesadillas, veggies	Turkey sandwich, corn chips	Turkey hot dog, carrots, cheese	Ham sandwich, chips	Pizza Rolls, Corn, yogurt
Breakfast 6:30	Toast ,cereal, fruit	Toast ,cereal, fruit	Toast ,cereal, fruit	Toast ,cereal, fruit	Toast ,cereal, fruit
Am snack 10:30	Gram crackers, juice	Bagels &cream cheese	Jell-o	Fruit & yogurt medly	Apple sauce, graham crkrs
Lunch 11:30-12:30	Chicken nuggets, veggies	Grill cheese, tomato soup	Bagel bites, fruit	Mac & Cheese, veggie	Pizza rolls, veggie, fruit
Pm snack 3:45	Apple, Snack mix	Crackers & cheese	Popcorn, juice	Applesauce vanilla wafers	Cracker jacks, milk
Dinner 6:15	Turkey sandwich, corn chips	Chicken Nuggets, fruit, veggie	Ham sandwich, chips	Turkey hot dog, carrots, cheese	Ham sandwich, chips
Breakfast 6:30	Toast ,cereal, fruit	Toast ,cereal, fruit	Toast ,cereal, fruit	Toast ,cereal, fruit	Toast ,cereal, fruit
Am snack 10:30	Jell-O pudding	Smoothies	Graham crackers, yogurt	Applesauce, wafers	Bagels, fruit
Lunch 11:30-12:30	Nuggets, veggie, fruit	Turkey sandwich, veggies	Ham and Cheese stackers	Chicken Nuggets, fruit, chese	Pizza rolls, veggie, fruit
Pm snack 3:45	Fruit leather, Ritz w/ cheese	Pretzels, Apples	Chips & salsa	Pretzels & Cheese	Cracker jacks, milk
Dinner 6:15	Pizza, veggies, fruit	Corn dogs, chips, fruit	Pizza Rolls, Corn, yogurt	Ham sandwich, chips	Ham sandwich, chips

Fruits, protein, healthy fats, carbs and low fat dairy products provide brain food for us all

**Meal fees
Breakfast, lunch, dinner \$3.50
Am/pm snack \$2.00**