



# SAMPLE MONTHLY MENU

**MON**

**TUES**

**WEDS**

**THURS**

**FRI**

**WEEK 1**

Snack – Water  
Honey nut cereal  
Craisins  
Lunch – Milk  
Ravioli & Peas  
Orange slices  
Snack – apple juice  
Animal crackers

Snack – Water  
Graham crackers  
blueberries  
Lunch – milk  
Corn dogs (turkey)  
Carrots & applesauce  
Snack – apple juice  
Cheese crackers

Snack – water  
Oatmeal cookies  
raisins  
Lunch – milk  
Ham & Cheese  
Sandwiches  
Fresh Baby  
Carrots/Ranch/Pears  
Snack – apple juice  
Vanilla Wafers

Snack – Water  
Apple breakfast bar  
Lunch – milk  
Cheese Burgers  
French Fries  
Pineapple chunks  
Snack – apple  
Juice  
Cheese and crackers

Snack – water  
Graham Cereal &  
Banana  
Lunch – milk  
Cheese Pizza  
Tossed green salad  
Peaches  
Snack – apple juice  
Honey Comb Cereal

**WEEK 2**

Snack – water  
Honey nut cereal  
Craisins  
Lunch – Milk  
Chicken Enchilada  
Casserole  
Peas & Carrots  
Orange slices  
Snack – apple juice  
Animal crackers

Snack – water  
Graham crackers  
blueberries  
Lunch – milk  
Steak fingers  
Potatoes/ gravy  
Corn, Bread  
Applesauce  
Snack – apple juice  
Cheese crackers

Snack – water  
Oatmeal cookies  
raisins  
Lunch – milk  
Hot Dogs (Turkey)  
Pickles, Fritos, Pears  
Snack – apple juice  
Vanilla Wafers

Snack – Water  
Apple breakfast bar  
Lunch – milk  
Ham & Cheese Wraps  
Green beans  
Mixed fruit  
Snack – apple  
Juice  
Cheese and crackers

Snack – water  
Vanilla yogurt  
Apple slices  
Lunch – milk  
Pepperoni pizza  
Spinach Salad with  
dressing  
Peaches  
Snack – apple juice  
Honey Comb Cereal

**WEEK 3**

Snack – water  
Honey nut cereal  
Craisins  
Lunch – milk  
Beefaroni  
Green Beans  
Orange slices  
Snack – apple juice  
Animal crackers

Snack – water  
Graham crackers  
blueberries  
Lunch – milk  
Corn dogs (turkey)  
Carrots  
applesauce  
Snack – apple juice  
Cheese crackers

Snack – water  
Oatmeal cookies  
Raisins  
Lunch – milk  
Chicken Sandwich  
Tator  
Tots/pickles/pears  
Snack – apple juice  
Vanilla Wafers

Snack – water  
Apple breakfast bar  
Lunch – milk  
Fish sticks  
Macaroni & cheese  
Green beans  
Mixed fruit  
Snack – apple juice  
Cheese and crackers

Snack – water  
Graham Cereal &  
Banana  
Lunch – milk  
Cheese Pizza  
Tossed green salad  
Peaches  
Snack – apple juice  
Honey Comb Cereal

**WEEK 4**

Snack – Water  
Honey nut cereal  
Craisins  
Lunch – Milk  
Ravioli & Peas  
Orange slices  
Snack – apple juice  
Animal crackers

Snack – Water  
Graham crackers  
blueberries  
Lunch – milk  
Corn dogs (turkey)  
Carrots & applesauce  
Snack – apple juice  
Cheese crackers

Snack – water  
Oatmeal cookies  
raisins  
Lunch – milk  
Ham & Cheese  
Sandwiches  
Fresh Baby  
Carrots/Ranch/Pears  
Snack – apple juice  
Vanilla Wafers

Snack – Water  
Apple breakfast bar  
Lunch – milk  
Cheese Burgers  
French Fries  
Pineapple chunks  
Snack – apple  
Juice  
Cheese and crackers

Snack – water  
Graham Cereal &  
Banana  
Lunch – milk  
Cheese Pizza  
Tossed green salad  
Peaches  
Snack – apple juice  
Honey Comb Cereal

**WEEK 5**

Snack – water  
Honey nut cereal  
Craisins  
Lunch – milk  
Beef Stroganoff  
Broccoli  
Orange slices  
Snack – apple juice  
Animal crackers

Snack – water  
Graham crackers  
blueberries  
Lunch – milk  
Steak fingers  
Potatoes/ gravy  
Corn & Bread  
Snack – apple juice  
Cheese crackers

Snack – water  
Oatmeal cookies  
Raisins  
Lunch – milk  
Chicken Quesadilla  
Tossed Green Salad  
Pineapple chunks  
Snack – apple juice  
Vanilla Wafers

Snack – water  
Apple breakfast bar  
Lunch – milk  
Chicken nuggets  
Macaroni & cheese  
Green beans  
Mixed fruit  
Snack – apple juice  
Cheese and crackers

Snack – water  
Pancake Sausage  
on a Stick  
Lunch – milk  
Pepperoni pizza  
Spinach Salad with  
dressing  
Peaches  
Snack – apple juice  
Honey Comb Cereal