|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Week 1 Monday 1 Tuesday 2 Wednesday 3 Thursday 4 (closed) Friday 5 | | | | | |
| Breakfast | Eggs, Whole Wheat Toast, Cantaloupe | Waffles with Syrup, Blueberries | Chex Cereal, Bananas | Cinnamon Toast, Pears | Grits, Cantaloupe |
| Lunch | Turkey & Cheese on Whole Wheat Bread, Cucumber & Tomato Salad, Fruit Cocktail | Beefaroni, Green Beans, Pears | Whole Wheat Cheese Quesadilla, Black Beans, Corn, Tropical Fruit | Chicken Nuggets, Peas, Yellow Rice, Peaches | Hamburger on Whole Wheat Bun, Veggie Baked Beans, Applesauce |
| *Vegetarian* | *Cheese Sandwich* | *Meatless Roni* | *N/A* | *Meatless Nuggets* | *Veggie Burger on Whole Wheat Bun* |
| Snack | Wheat Thins, Juice | Trail Mix, Juice | Turkey Pepperoni, Cheese Cubes | Tortilla Chips, Salsa | Apples & Cheddar Cheese Cubes |
| Tod Late Snack | Goldfish Crackers, Juice | Cereal Bars, Water | Fresh Seasonal Fruit, Milk | Yogurt, Water | Veggie Straws |
| Week 2 Monday 8 Tuesday 9 Wednesday 10 Thursday 11 Friday 12 | | | | | |
| Breakfast | Bagels with Cream Cheese & Strawberries | French Toast Sticks, Fruit Cocktail | Life Cereal, Bananas | Hashbrowns, Chicken Sausages Patties, Applesauce | Pumpkin Muffins, Blueberries, Bacon |
| Lunch | Creamy Chicken Spinach Pasta, Peas, Peaches | Chicken Patties on a Whole Wheat Bun, Sweet Potatoes, Pineapple | Whole Wheat Spaghetti with Meat Sauce, Salad with Ranch, Peaches | Chicken & Waffles, Green Beans, Peaches | Chicken Corn Dogs, Peas & Corn, Fruit Cocktail |
| *Vegetarian* | *Creamy Spinach Pasta* | *Meatless Chik'n Patties On Bun* | *Spaghetti with Marinara Sauce* | *Chik’n & Waffles* | *Veggie Corn Dogs* |
| Snack | Ritz Crackers & String Cheese | Chex Mix, Juice | Juice, Rice Crisp | Cheese-Its, Juice | Goldfish Crackers, Fruit Yogurt |
| Tod Late Snack | Goldfish Crackers, Juice | Yogurt & Water | Veggie Straws, Juice | Applesauce, Water | Bananas |
| Week 3 Monday 15 Tuesday 16 Wednesday 17 Thursday 18 Friday 19 | | | | | |
| Breakfast | Oatmeal, Peaches | Pancakes with Syrup, Blueberries | Kix Cereal, Bananas | Sausage Biscuits, Mandarin Oranges | Grits, Turkey Sausage Links, Grapes |
| Lunch | Ham & Swiss on Whole Wheat, Tossed Salad With Ranch, Cantaloupe | Fish Sticks, Macaroni & Cheese, Green Peas, Fruit Cocktail | Chicken & Rice, Green Beans, Pineapple | Italian Grilled Chicken Pasta, Broccoli, Tropical Fruit | Turkey Hot Dog on a Whole Wheat Bun, Baked Beans, Pears |
| *Vegetarian* | *Swiss on Whole Wheat* | *Meatless Boneless Wings* | *Tofu & Rice* | *Broccoli & Cheese Pasta Bake* | *Veggie Hot Dog on a Bun* |
| Snack | Oranges Club Crackers, Juice | Turkey & Cheese Slices, Whole Wheat Crackers | Apples & String Cheese | Cheez-Its, Juice | Wheat Thins & Watermelon |
| Tod Late Snack | Ritz Crackers, Juice | Cereal Bar, Juice | Veggie Straws & Juice | Fresh Seasonal Fuit, Water | Applesauce , Milk |
| Week 4 Monday 22 Tuesday 23 Wednesday 24 Thursday 25 Friday 26 | | | | | | |
| Breakfast | | Raisin Toast, Cream Cheese, Mandarin Oranges | French Toast Sticks, Pears | Cheerios Cereal, Bananas | Oatmeal with Brown Sugar, Apple Slices | Cranberry & Apple Muffins, Mandarin Oranges, Bacon Strips |
| Lunch | | Chicken Bologna & Cheese on Whole Wheat Bread, Corn, Strawberries | Turkey Tacos with Cheese, Black Beans, Pineapple | Chicken Alfredo with Whole Wheat Ziti, Salad with Ranch, Applesauce | Meatballs with Gravy, Mashed Potatoes, Roll, Pineapple | Whole Wheat Turkey Pepperoni & Cheese Pizza, Corn, Peaches |
| *Vegetarian* | | *Tofurkey & Cheese Sandwich* | *Yogurt Cup* | *Alfredo Ziti* | *Turkey Meatballs* | *N/A* |
| Snack | | Chicken In A Biskit Crackers, Yogurt | Chex Mix, Juice | Cheese Squares, Crackers, Juice | Rice Cakes, Juice | Graham Crackers, Bananas |
| Tod Late Snack | | Ritz Crackers, Water | Goldfish Crackers, Juice | Fresh Seasonal Fruit, Milk | Fresh Seasonal Fruit, Milk | Cereal, Bananas |
| Week 5 Monday 29 Tuesday 30 Wednesday 31 Thursday 1 Friday 2 | | | | | | | |
| Breakfast | | | Eggs, Whole Wheat Toast, Cantaloupe | Waffles with Syrup, Blueberries | Chex Cereal, Bananas | Cinnamon Toast, Pears | Grits, Cantaloupe |
| Lunch | | | Turkey & Cheese on Whole Wheat Bread, Cucumber & Tomato Salad, Fruit Cocktail | Beefaroni, Green Beans, Pears | Whole Wheat Cheese Quesadilla, Black Beans, Corn, Tropical Fruit | Chicken Nuggets, Peas, Yellow Rice, Peaches | Hamburger on Whole Wheat Bun, Veggie Baked Beans, Applesauce |
| *Vegetarian* | | | *Cheese Sandwich* | *Meatless Roni* | *N/A* | *Meatless Nuggets* | *Veggie Burger on Whole Wheat Bun* |
| Snack | | | Wheat Thins, Juice | Trail Mix, Juice | Turkey Pepperoni, Cheese Cubes | Tortilla Chips, Salsa | Apples & Cheddar Cheese Cubes |
| Tod Late Snack | | | Goldfish Crackers, Juice | Cereal Bars, Water | Fresh Seasonal Fruit, Milk | Yogurt, Water | Veggie Straws |

*Note: Milk is served with all Breakfast & Lunch. We use 8th Continent or Silk Soy Milk as a milk substitution. Water and occasionally 100% Juice is served with. all snacks.* ***This institution is an equal opportunity employer.***

July 2024