



Weekly Plan 12 April 2021 - 16 April 2021

Mon (12)	Tue (13)	Wed (14)	Thu (15)	Fri (16)
BREAKFAST Cheese Grits, Skim or Whole Milk, Oranges	BREAKFAST Whole grain pancakes, Strawberries, Skim or Whole Milk	BREAKFAST Cheese Eggs, Skim or Whole Milk, Blueberries	BREAKFAST Mango, Bagel w/ Cream cheese, Skim or Whole Milk	BREAKFAST Whole Grain Croissants, Applesauce, Skim or Whole Milk
LUNCH Oyster Crackers, canteloupe, 3 Bean Chili, Skim or Whole Milk	LUNCH Turkey Tacos, Whole Grain Tortillas, Apples, Black Beans	LUNCH Peaches, Barbecue Chicken, Whole Grain Roll, Sauteed Cabbage	LUNCH Whole Grain Noodles, Chicken Alfredo, Pears, Broccoli, Skim or Whole Milk	LUNCH Hamburger/Hotdogs, Oranges/Grapes, Baked Beans, Skim or Whole Milk
PM SNACK Banana Bread, Water	PM SNACK Hummus, Naan Bread, Water	PM SNACK Cheese Sauce, Breadsticks, Water	PM SNACK Water, Cheese, Ritz Crackers	PM SNACK Belvita Crackers, 100% Fruit Juice