

Building healthy bodies and minds



Summer



Menu Week 1



Week 1

Monday

Tuesday

Wednesday

Thursday

Friday

Morning Snack	Milk	Whole Grain Cereal & Milk	Banana Roll-Up Tortilla	Crazy Carrot Muffin	Blueberry Banana Smoothie	Mini Bagel & Cream Cheese
	Awesome Apples	Wow Butter	Mini Beef Sliders	Perfect Plums	Cantaloupe Wedges	Pineapple Tidbits
Lunch	Milk	Chicken Souvlaki	Oven-Baked Potato Wedges	Sunny Sole Fillet	Falafel with Pita	Chicken Burrito
	Quinoa & Brown Rice	Tzatziki Sauce	Sensational Summer Veggies	Confetti Couscous	Yummy Yogurt Dip	Rice & Beans
	Diced Carrots	Fruit Fiesta	Beany Bean Dip & Pita	Bold Broccoli	Gleeful Greek Salad	Shredded Cheese & Sour Cream
Afternoon Snack	Water	Cheddar Cheese Bites & Crackers	Chopped Cucumber Pieces	Monkey Pudding	Radiant Rice Cake	Sweet Corn
	Watermelon Cubes	Fruit Fiesta	Chopped Cucumber Pieces	Pear Slices	Groovy Grapes	Fruit Fiesta





Summer



Menu Week 2



Week 2

Monday

Tuesday

Wednesday

Thursday

Friday

Morning Snack	Milk	Yogurt Parfait & Granola	Raisin Bread	Peachy Peach Loaf	Apple Butter & Wrap	Bouncy Blueberry Bar
		Pineapple Tidbits	Banana Smoothie	Groovy Grapes	Watermelon Cubes	Perfect Plums
Lunch	Milk	Silly Spaghetti Bolognese Sauce	Rockin' Red Pepper Quiche	Sloppy Joe's	Best BBQ Chicken	Teriyaki Salmon
		Bold Broccoli	Brilliant Brown Rice	Whole Wheat Bun	New Potatoes	Outstanding Orzo
Afternoon Snack		Fruit Fiesta	Diced Carrots	Sweet Corn	Petite Peas	Sensational Summer Veggies
	Water	Trail Mix	Fruit Fiesta	Whole Wheat Pita	Fruit Fiesta	Fruit Fiesta
		Cantaloupe Wedges	Soft Cheese & Tomato Salsa	Mozzarella Cheese Bites & Crackers	Homemade Granola Bar	Yummy Yogurt Dip & Dipping Sticks
				Energetic Edamame	Pear Slices	Chopped Cucumber Pieces



Afternoon
Snack

Water

Fruit Fiesta

Trail Mix

Cantaloupe Wedges

Fruit Fiesta

Whole Wheat Pita

Soft Cheese & Tomato Salsa

Fruit Fiesta

Mozzarella Cheese Bites & Crackers

Energetic Edamame

Fruit Fiesta

Homemade Granola Bar

Pear Slices

Fruit Fiesta

Yummy Yogurt Dip & Dipping Sticks

Chopped Cucumber Pieces





Summer



Menu Week 3



Week 3

Monday

Tuesday

Wednesday

Thursday

Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Whole Grain Cereal & Milk Awesome Apples	Perfect Peach Smoothie Banana Chunks	Applesauce & Granola Perfect Plums	Mini Bagel & Cream Cheese Groovy Grapes	Banana Bread Pear Slices
Lunch	Milk Campfire Cowboy Baked Beans New Potatoes Sweet Corn	Perfect Peach Smoothie Banana Chunks Magic Meatballs in Tomato Sauce Whole Wheat Baguette P petite Peas	Applesauce & Granola Perfect Plums Marvelous Mac & Cheese with Diced Chicken	Mini Bagel & Cream Cheese Groovy Grapes Zesty Lemon Fish Fingers Organic Quinoa Sensational Summer Veggies	Banana Bread Pear Slices Crazy Curry Chicken Terrific Thai Noodles Bold Broccoli
Afternoon Snack	Milk Water Fruit Fiesta Beany Bean Dip & Pita Diced Carrots	Fruit Fiesta Cheddar Cheese Bites & Crackers Watermelon Cubes	Fruit Fiesta Homemade Oatmeal Cookie Chopped Cucumber Pieces	Fruit Fiesta Pizza Muffin Cantaloupe Wedges	Fruit Fiesta Radiant Rice Cake Pineapple Tidbits





Summer



Menu Week 4



Week 4

Monday

Tuesday

Wednesday

Thursday

Friday

Morning Snack	Milk	Yogurt Parfait & Granola	Raisin Bread	Oh-So-Good Oatmeal Bar	Apple Butter & Rice Cake	Zippy Zucchini Muffin
	Awesome Apples	Blueberry Smoothie	Perfect Plums	Groovy Grapes	Pear Slices	
Lunch	Milk	Mardi Gras Jambalaya	Cider-Glazed Fish Fillet	Chicken Caesar Wrap	Pulled Beef Sandwich	Sicilian Lentil Pasta
	Brilliant Brown Rice	Organic Quinoa	Whole Wheat Bun			
Afternoon Snack	Water	Sweet Corn	Diced Carrots	Tomato Basil Soup	Bold Broccoli	Sensational Summer Veggies
	Fruit Fiesta	Fruit Fiesta	Fruit Fiesta	Fruit Fiesta	Fruit Fiesta	Fruit Fiesta
	Mozzarella Cheese Bites & Crackers	Trail Mix	Yummy Yogurt Dip & Dipping Sticks	Whole Wheat Pita	Banana Pudding	
	Watermelon Cubes	Pineapple Tidbits	Chopped Cucumber Pieces	Soft Cheese & Tomato Salsa	Cantaloupe Wedges	

