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**Daily Menu Sample #1**

**Monday Tuesday Wednesday Thursday Friday**

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| **BREAKFAST**  Corn Flakes  100% Orange Juice  Milk | **BREAKFAST**  Egg & turkey sausage burrito  Fruit Salad  Milk | **BREAKFAST**  Oatmeal  Bananas  Milk | **BREAKFAST**  Scrambled Eggs  Hashbrowns  Toast w/fruit spread  Milk | **BREAKFAST**  French Toast Sticks  Strawberry Applesauce  Milk |
| **LUNCH**  Chicken  Brown Rice  Steamed Broccoli  Pears  Milk | **LUNCH**  Beef or Veggie Burger  On Wheat Bun  Peas  Sweet Potato Fries  Milk | **LUNCH**  Cheesy Pasta  Peaches  Tossed Salad  Milk | **LUNCH**  Turkey, Cheese & Lettuce  Sandwich on Wheat  Cooked Carrots  Strawberry Slices  Milk | **LUNCH**  Soft Beef Taco  Shredded Lettuce  Corn  Orange Slices  Milk |
| **SNACK**  Yogurt Parfait  w/Fresh Fruit  & Crisp Rice cereal  Water | **SNACK**  Graham Crackers  Applesauce  Milk | **SNACK**  Goldfish Crackers  100% Apple Juice | **SNACK**  Fruit and Grain Bars  Milk | **SNACK**  Cheese Slices  Wheat Crackers  Water |