

# Meals

<b>Week 1</b>				
<b>Monday</b> 1) Cereal, Milk 2) Fruit 3) Sandwich/Veggies 4) Cookies	<b>Tuesday</b> 1) Waffles/Pancakes/Milk 2) Fruit 3) Pasta and Meatballs/Veggies 4) Graham Crackers	<b>Wednesday</b> 1) Cereal, Milk 2) Cheese and Crackers 3) Sandwich/Veggies 4) Cookies/Pretzel	<b>Thursday</b> 1) Waffles or Eggs/Milk 2) Applesauce/Fruit 3) Quesadilla or Fishsticks/Chicken Nuggets/Veggies 4) Fruit	<b>Friday</b> 1) Cereal, Milk 2) Fruit 3) Sandwich/Veggie/Fruit 4) Pudding
<b>Week 2</b>				
<b>Monday</b> 1) Cereal,, Milk 2) Cereal Bars 3) Sandwich/Veggies 4) Cheese and Crackers	<b>Tuesday</b> 1) Waffles, Milk 2) Yogurt/Fruit 3) Sandwiches/Veggies 4) Goldfish/Fruit	<b>Wednesday</b> 1) Cereal, Milk 2) Fruit 3) Sandwich/Veggies 4) Pudding/Cheese	<b>Thursday</b> 1) Scrambled Eggs, Milk 2) Fruit 3) Cheese/Fries or Fruit 4) Fruit	<b>Friday</b> 1) Cereal, Milk 2) Fruit 3) Sandwich/Veggies 4) Cookies/Pretzels
<b>Week 3</b>				
<b>Monday</b> 1) Cereal, Milk 2) Crackers & Cheese 3) Sandwich/Veggies 4) Fruit	<b>Tuesday</b> 1) Waffles/Pancakes/ Milk 2) Fruit 3) Mac and Cheese/ Veggies 4) Goldfish/Fruit	<b>Wednesday</b> 1) Cereal, Milk 2) Fruit 3) Sandwich/Veggies 4) Cookies	<b>Thursday</b> 1) Waffles or Eggs 2) Fruit 3) Sandwich/Veggies 4) Animal Crackers/Pretzels	<b>Thursday</b> 1) Waffles or Eggs 2) Fruit 3) Sandwich/Veggies 4) Animal Crackers/Pretzels
<b>Week 4</b>				
<b>Monday</b> 1) Cereal, Milk 2) Fruit 3) Sandwich/Fruit 4) Crackers/Cheese	<b>Tuesday</b> 1) Waffles, Milk 2) Cereal Bars 3) Pasta & Meatballs/Veggie 4) Graham Crackers	<b>Wednesday</b> 1) Cereal, Milk 2) Crackers/Cheese 3) Sandwich/Veggies 4) Fruit	<b>Thursday</b> 1) Waffles or Eggs, Milk 2) Fruit 3) Fishsticks/Chicken Nuggets/Veggies 4) Goldfish/Pretzel	<b>Friday</b> 1) Cold Cereal, Milk 2) Fruit 3) Sandwich/Veggie 4) Animal Crackers