**La Salle Kidz Inc. PR247 Snack and Lunch Menu**

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| --- | --- | --- | --- | --- | --- |
| **Week 1** | **Monday** | **Tuesday** | **Wednesday** | Thursday | **Friday** |
| **Morning** **Snack** | Scrambled EggsFruitWater | Fruit Smoothie(made with fruit & milk)Arrowroot | OatmealFruitWater | Cereal with MilkFruit | Yogurt with GranolaFruitWater |
| **Lunch** | Whole Wheat Grilled Cheese & Ham SandwichesVegetableFruitMilk | Spaghetti & Homemade Meat SauceMixed vegetablesFruitMilk | Waffles with Homemade Strawberry SauceHoney Glazed CarrotsMilk | Sun Butter & Bananas Whole Wheat WrapsVegetable soupMilk | Pita Chips & Bean DipVegetableFruitMilk |
| **Afternoon****Snack** | Apple SauceArrowrootWater | Nuts N BoltsVegetableWater | CrackersFruitWater OrLeftover Day | Homemade Biscuits & JamVegetableWater | MuffinsFruitWater |

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| **Week 2** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning** **Snack** | Toast with wowbutter/jamFruitWater | Cereal with MilkFruit  | Fruit Smoothie(made with fruit & milk)Crackers | Bagel with Cream CheeseFruitWater  | PancakesFruitWater |
| **Lunch** | Homemade Mac & Cheese with ChickpeasVegetableFruitMilk | Quinoa Vegetable CasseroleFruitMilk | Pineapple Ginger Fried Chicken RiceVegetableMilk | Eggs & Ham Whole Wheat ToastFruitMilk | Soft Taco (with Ground Turkey, Shredded Cheese, Lettuce)Sour Cream/SalsaFruitMilk |
| **Afternoon****Snack** | CrackersCheesePicklesWater | MuffinsVegetableWaterOr Leftover day | Granola barsVeggiesWater  | Frozen Yogurt Bar with Graham cracker crustWater | Rice CakesVeggiesWater |

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| **Week 3** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning** **Snack** | Cereal with MilkFruitWater | Yogurt with GranolaFruitWater | Fruit smoothieArrowroot | Hard Boiled EggsFruitWater | Apples with wowbutterWater |
| **Lunch** | Ham & Vegetable Fried RiceFruitMilk | Beef, Barley & Vegetable StewFruitMilk | Chicken & Cheese QuesadillaVegetableFruitMilk | Homemade Cheese BurgersVegetableFruitMilk | Baked OatmealSausagesVegetableFruitMilk |
| **Afternoon****Snack** | Apple sauceArrowrootWater | Pizza BunsVegetableWater | Rice Krispie squaresFruitWater OrLeftover Day | Trail MixVegetableWater | JelloCrackersFruitWater |

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| **Week 4** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning** **Snack** | Yogurt & fruitArrowrootWater | Fruit Smoothie(made with fruit & milk)Arrowroot  | Bagel with Cream CheeseFruitWater | Cereal with MilkFruit | PancakesFruitWater |
| **Lunch** | Greek Style Couscous Egg WrapVegetableFruitMilk | Chicken Fingers with Homemade Oven FriesFruitMilk | Perogies & sour creamSausagesVegetableFruitMilk | Chicken Potato CasseroleVegetableFruitMilk | Flatbread Pepperoni & Cheese PizzaCaesar saladFruitMilk |
| **Afternoon****Snack** | CrackersCheeseWater | Homemade Biscuits & JamVeggiesWater | Granola BarVegetableWater OrLeftover Day | Banana BreadVegetable Water | Apple sauceGraham crackersWater |