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

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| **Week 1** | **Monday** | **Tuesday** | **Wednesday** | Thursday | **Friday** |
| **Morning**  **Snack** | Scrambled Eggs  Fruit  Water | Fruit Smoothie  (made with fruit & milk)  Arrowroot | Oatmeal  Fruit  Water | Cereal with Milk  Fruit | Yogurt with Granola  Fruit  Water |
| **Lunch** | Whole Wheat Grilled Cheese & Ham Sandwiches  Vegetable  Fruit  Milk | Spaghetti & Homemade Meat Sauce  Mixed vegetables  Fruit  Milk | Waffles with Homemade Strawberry Sauce  Honey Glazed Carrots  Milk | Sun Butter & Bananas Whole Wheat Wraps  Vegetable soup  Milk | Pita Chips & Bean Dip  Vegetable  Fruit  Milk |
| **Afternoon**  **Snack** | Apple Sauce  Arrowroot  Water | Nuts N Bolts  Vegetable  Water | Crackers  Fruit  Water  Or  Leftover Day | Homemade Biscuits & Jam  Vegetable  Water | Muffins  Fruit  Water |

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| **Week 2** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning**  **Snack** | Toast with wowbutter/jam  Fruit  Water | Cereal with Milk  Fruit | Fruit Smoothie  (made with fruit & milk)  Crackers | Bagel with Cream Cheese  Fruit  Water | Pancakes  Fruit  Water |
| **Lunch** | Homemade Mac & Cheese with Chickpeas  Vegetable  Fruit  Milk | Quinoa Vegetable Casserole  Fruit  Milk | Pineapple Ginger Fried Chicken  Rice  Vegetable  Milk | Eggs & Ham  Whole Wheat Toast  Fruit  Milk | Soft Taco (with Ground Turkey, Shredded Cheese, Lettuce)  Sour Cream/Salsa  Fruit  Milk |
| **Afternoon**  **Snack** | Crackers  Cheese  Pickles  Water | Muffins  Vegetable  Water  Or Leftover day | Granola bars  Veggies  Water | Frozen Yogurt Bar with Graham cracker crust  Water | Rice Cakes  Veggies  Water |

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| **Week 3** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning**  **Snack** | Cereal with Milk  Fruit  Water | Yogurt with Granola  Fruit  Water | Fruit smoothie  Arrowroot | Hard Boiled Eggs  Fruit  Water | Apples with wowbutter  Water |
| **Lunch** | Ham & Vegetable Fried Rice  Fruit  Milk | Beef, Barley & Vegetable Stew  Fruit  Milk | Chicken & Cheese Quesadilla  Vegetable  Fruit  Milk | Homemade Cheese Burgers  Vegetable  Fruit  Milk | Baked Oatmeal  Sausages  Vegetable  Fruit  Milk |
| **Afternoon**  **Snack** | Apple sauce  Arrowroot  Water | Pizza Buns  Vegetable  Water | Rice Krispie squares  Fruit  Water  Or  Leftover Day | Trail Mix  Vegetable  Water | Jello  Crackers  Fruit  Water |

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

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| **Week 4** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning**  **Snack** | Yogurt & fruit  Arrowroot  Water | Fruit Smoothie  (made with fruit & milk)  Arrowroot | Bagel with Cream Cheese  Fruit  Water | Cereal with Milk  Fruit | Pancakes  Fruit  Water |
| **Lunch** | Greek Style Couscous Egg Wrap  Vegetable  Fruit  Milk | Chicken Fingers with Homemade Oven Fries  Fruit  Milk | Perogies & sour cream  Sausages  Vegetable  Fruit  Milk | Chicken Potato Casserole  Vegetable  Fruit  Milk | Flatbread Pepperoni & Cheese Pizza  Caesar salad  Fruit  Milk |
| **Afternoon**  **Snack** | Crackers  Cheese  Water | Homemade Biscuits & Jam  Veggies  Water | Granola Bar  Vegetable  Water  Or  Leftover Day | Banana Bread  Vegetable  Water | Apple sauce  Graham crackers  Water |