

MENU PLAN – WEEK 1

WEEK OF:

LOCATION: Overbrook

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	Cereal (Shreddies, Cheerios, Rice Krispies)& milk Fresh Fruits	Toast with wow butter Fresh Fruits Milk	Fresh Fruit & yogurt Fresh Fruits Milk	Whole wheat Bagels and Cream cheese Fresh Fruits Milk	Spinach Homemade Muffins Fresh Fruits Milk
LUNCH	Cream of broccoli soup with beans Whole wheat crackers Celery sticks and red peppers Fresh Fruit Water or milk	Salmon and Delilah casserole with noodles Green beans and carrots sticks Fresh Fruit Water or milk	Beef Stroganoff with mashed sweet potato corn and peas Whole wheat toast Fresh Fruit Water or milk	Tofu goulash with rice mixed veggies Fresh fruit Water or milk	Lightly Breaded chicken with Noodles, Cucumber and tomatoes Fresh Fruit Water or milk
PM SNACK	Homemade carrot Muffins and Milk Water	Apples and crackers Water	Ritz crackers and cheese Water	Cereal and milk Water	Arrow Root & cantaloupe Water

NO PORK OR GELATIN IN THIS MENU

MENU PLAN – WEEK 2

WEEK OF: _____

LOCATION: Overbrook

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	Cereal (Shreddies, Cheerios, Rice Krispies)& milk Fresh Fruits	Toast with wow butter Fresh Fruits Milk	Fresh Fruit- & yogurt Fresh Fruits Milk	Apple Sauce and soft pretzel Fresh Fruits Milk	Homemade Banana Loaf Fresh Fruits Milk
LUNCH	Rice and Lentil soup with/ Steamed mixed vegetables Fresh Fruit Water & milk	Chicken ,cheese Quesadillas on whole wheat shells with sour cream Salad(lettuce, tomatoes and cucumber) Fresh fruit Water & milk	Sirloin , Salsa Meat Mexican Round up with rice Peas and carrots Fresh fruit Water & milk	3 sister 's soup (squash, beans and corn) with bannock bread Green peppers And celery sticks Fresh Fruit <i>Water & milk</i>	Tuna A la King (peas/corns/ carrots) and whole wheat Bread Broccoli and cauliflower Fresh Fruit Water & milk
PM SNACK	Homemade Muffins/Milk Water	Nacho Chips and salsa Water	Fresh fruit /whole wheat crackers Water	Orange pepper /triscuit crackers Water	Rice Cakes and Cream Cheese cucumbers Water

NO PORK OR GELATIN IN THIS MENU

MENU PLAN – WEEK 3

WEEK OF: _____

LOCATION: Overbrook

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	Apple sauce and breadsticks Fresh fruit Milk	Whole Wheat Bagels and cream cheese Fresh fruit Milk	Cereal (Shreddies, Cheerios, Rice Krispies) Fresh fruit Milk	Whole Wheat Toast with wow butter Fresh fruit Milk	Homemade Muffins Fresh fruit Milk
LUNCH Water & milk	Quinoa Soup vegetable base (carrots, celery, onions,) and crackers Green Peppers And red beet sticks Fresh Fruit Water & milk	Tuna Noodle/corn Casserole Steamed green beans and carrots Fresh Fruit Water & Milk	Chicken souvlaki wraps with veggies(lettuce, tomatoes, cucumbers) and garlic sauce Fresh Fruit Water & milk	Meatloaf and rice with mixed vegetables (carrots, peas, corn and beans) Fresh Fruit Water & milk	Vegetable Chili with kidney beans Whole wheat bread Cheese cubes Cucumbers Fresh Fruit Water & milk
PM SNACK	Homemade Zucchini muffins Milk	Oranges and Graham crackers Water	Cheese & Pickles Water	Yogurt & granola Water	Apples/ cream cheese and raisins Water

NO PORK OR GELATIN IN THIS MENU

MENU PLAN – WEEK 4

WEEK OF: _____

LOCATION: Overbrook

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	Cereal (Shreddies, Cheerios, Rice Krispies)& milk Fresh Fruits	Whole wheat bagel and cream cheese Fresh Fruits Milk	Fresh Fruit & yogurt Fresh Fruits Milk	Apple Sauce and Arrowroot Fresh Fruits Milk	Homemade carrot muffins Fresh Fruits Milk
LUNCH	Rice and beans Peas and Carrot Coins Fresh Fruit Water & Milk	Taco Salad with whole wheat nacho chips/tomato, lettuce, cheese and salsa Fresh Fruit Water & milk	Lentil Soup with vegetables and crackers Cucumbers and cold carrot sticks Fresh Fruit Water & milk	whole wheat homemade pizza and chicken Red peppers and cucumbers Fresh Fruit Water & milk	Whole wheat bread with tuna and cheese mix. (Tuna Melts) Coleslaw Fresh Fruit Water & milk
PM SNACK	Homemade Muffins and milk Water	Wow butter & crackers Water	Bannock bread and cream cheese Water	Fresh Fruit and crackers Water	Cereal and milk Water

NO PORK OR GELATIN IN THIS MENU

MENU PLAN – WEEK 5

WEEK OF:

LOCATION: Overbrook

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	Cereal (Shreddies, Cheerios, Rice Krispies)& milk Fresh Fruits	Whole Wheat Toast with wow butter and jam Fresh Fruits Milk	Granola with Yogurt Fresh Fruits Milk	Cheese/Fresh Fruit Fresh fruits Milk	Zucchini Muffins Fresh Fruits Milk
LUNCH	Leek and potato soup Bean spread on pita bread Green peppers And cold carrot sticks Fresh Fruit Water & milk	Bulgoli Sirloin Meat with noodles Broccoli and cauliflower Fresh Fruit Water & milk	Fresh Salmon with Rice, Peas and carrot coins Fresh Fruit Water & milk	Shepherd's Pie (mashed potatoes, corn and lean beef) Whole wheat bread Steamed green bean Fresh Fruit Water & milk	Chicken Bruschetta casserole with diced tomatoes Bread sticks orange pepper celery sticks Fresh Fruit Water/Milk
PM SNACK	Homemade Seminary (Banana, Oatmeal) Muffins Water	Gold fish &Apples Milk	Homemade Trail Mix (mulit grain cheerios, shreddies) with Raisins Water	Oranges and crackers Water	Melba toast with cream cheese And cucumbers Water

MENU PLAN – WEEK 6

WEEK OF: _____

LOCATION: Overbrook

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	Cereal (Shreddies, Cheerios, Rice Krispies)& milk Fresh Fruits	Whole Wheat Bread and wow butter Fresh Fruits Milk	Granola & yogurt Fresh Fruits Milk	Cheese/ Fruit Salad Fresh Fruits Milk	Homemade Oatmeal Muffins Fresh Fruits Milk
LUNCH	Cream of Cauliflower (shallots, beans, cheese and Dijon mustard) Pickles/Cheese Fresh Fruit Water/Milk	Baked Fresh Tilapia Fish, with noodles Coleslaw (shredded cabbage and carrots Fresh Fruit Water & milk	Rice chicken casserole dish Green peppers Tomatoes Fresh Fruit Water & milk	Pasta with homemade meat sauce Cucumbers Celery sticks Fresh Fruit Water & milk	Balsamic Tofu with roasted sweet potatoes and whole wheat bread Carrot coins And radishes Fresh Fruit Water & milk
PM SNACK	Breton crackers and orange pepper Water	Veggie chips and fresh fruits Water	Apple Sauce and bread sticks Water	Bananas and arrow roots Water	Cream cheese wraps/ Cucumbers Water

NO PORK OR GELATIN IN THIS MENU