

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b> (9:00am – 9:30am)	Cereal with Fruit  Milk	Yogurt Parfaits  Milk	Spinach and Egg Scramble  Milk	French Toast with Strawberries  Milk	Pear And Quinoa Muffins with Oranges  Milk
<b>Lunch</b> (11:30am – 12:00pm)	Ham and Cheese Sandwiches with Cucumbers  Milk	Vegetable Lasagne  Milk	Chicken Quesadillas with Carrots  Milk	Edamame Pesto Pasta with Peas  Milk	Chicken Caesar Salad with Garlic Toast  Milk
<b>Afternoon Snack</b> (3:00m – 3:30am)	Ants on a Log  Water	Homemade Zucchini Chips with Onion Dip  Water	Homemade Lemon Poppy Seed Loaf with Apples  Water	Homemade Granola Bars with Oranges  Water	Homemade Chocolate Avocado Bars  Water