

CHILDLIFE MENU

Meal plan for the week beginning: 10/5/2009

Monday October 05	Tuesday October 06	Wednesday October 07	Thursday October 08	Friday October 09
<u>Snack</u> Cereal with Milk	<u>Snack</u> Yogurt with Granola	<u>Snack</u> Cereal with Milk	<u>Snack</u> Muffins and Fruit	<u>Snack</u> Cookies with Juice
<u>Lunch</u> Mac and cheese with beef franks and peas with Apple Sauce	<u>Lunch</u> PBJ Sandwich with Veggie Dipper and Apple Sauce	<u>Lunch</u> Chicken with Rice, Green Beans and fruit	<u>Lunch</u> Turkey and Cheese Stackers with Corn and peaches	<u>Lunch</u> Pizza with Salad and Fresh fruit
<u>Snack</u> Pretzels with cheese sauce and water	<u>Snack</u> Graham Crackers with Fruit Juice	<u>Snack</u> Cookies with Pudding	<u>Snack</u> Raisins and cheerioes trail mix with water	<u>Snack</u> Popcorn with Juice

Meal plan for the week beginning: 10/12/2009

Monday October 12	Tuesday October 13	Wednesday October 14	Thursday October 15	Friday October 16
<u>Snack</u> Yogurt with Granola	<u>Snack</u> Cereal with Bananas	<u>Snack</u> Hard boiled egg with fruit and Water	<u>Snack</u> Pancakes with Syrup and milk	<u>Snack</u> Cereal with Milk
<u>Lunch</u> Chicken Nuggets with Fries and fresh fruit	<u>Lunch</u> Turkey and Cheese rollups with lettuce/tomatoes and Fruit Cocktail	<u>Lunch</u> Ravioli, green beans and pineapple	<u>Lunch</u> PBJ Sandwich with Veggie Dipper and Fruit	<u>Lunch</u> Pizza with Salad and Fresh Fruit
<u>Snack</u> Crackers and Fruit Juice	<u>Snack</u> Cookies & Fresh fruit	<u>Snack</u> Veggies and dressing with Saltines	<u>Snack</u> Cookies with Juice	<u>Snack</u> Apple Sauce and Graham Crackers

Meal plan for the week beginning: 10/19/2009

Monday October 19	Tuesday October 20	Wednesday October 21	Thursday October 22	Friday October 23
<u>Snack</u> Yogurt & Cereal	<u>Snack</u> Breakfast bars with Milk	<u>Snack</u> Cereal with Milk	<u>Snack</u> Starbuckish Oatmeal with Fruit & Pecans	<u>Snack</u> Cookies with Juice
<u>Lunch</u> Spaghetti with veggie meat sauce and pears	<u>Lunch</u> PBJ Sandwich with Veggie Dipper and Apple Sauce	<u>Lunch</u> Hotdogs with french fries and Apple	<u>Lunch</u> Turkey and Cheese Sandwich with Lettuce and peaches	<u>Lunch</u> Pizza with Salad and Fresh fruit
<u>Snack</u> Rice Crispy Bars with Milk	<u>Snack</u> Graham Crackers with Fruit Juice	<u>Snack</u> Banana pudding	<u>Snack</u> Raisins and cheerioes trail mix with water	<u>Snack</u> Popcorn with Juice

Meal plan for the week beginning: 10/26/2009

Monday October 26	Tuesday October 27	Wednesday October 28	Thursday October 29	Friday October 30
<u>Snack</u> Hard boiled egg with fruit and Water	<u>Snack</u> Breakfast bars with Milk	<u>Snack</u> Cereal with Bananas	<u>Snack</u> Yogurt with Granola	<u>Snack</u> Cookies with Juice
<u>Lunch</u> Soft Tacos with toppings and fruit	<u>Lunch</u> Turkey and Cheese Stackers with Corn and Fruit	<u>Lunch</u> Corn dogs with Baked beans and watermelon	<u>Lunch</u> Chicken salad in lettuce boat	<u>Lunch</u> Pizza with Salad and Fresh fruit
<u>Snack</u> Apple Sauce and Graham Crackers	<u>Snack</u> Cookies with Milk	<u>Snack</u> Veggies and Dressing with Crackers	<u>Snack</u> Peanut butter crackers	<u>Snack</u> Halloween Snack