

# Weekly Menu

## Week 5

Week Five	Monday	Tuesday	Wednesday	Thursday
<b>Breakfast</b>	Grape Juice Shedded Wheat Cereal Banana Bread Milk	Applesauce Cinnamon Toast (1 Slice Whole wheat bread) Milk	Peaches English Muffin <b>Cream cheese &amp; Jelly</b> Milk	Cantaloupe Cubes Whole Wheat Toast <b>Jelly &amp; Margarine</b> Scrambled Eggs Milk
<b>Lunch/ Supper</b>	Turkey Roast Whole Wheat Roll <b>Butter/Margarine</b> Mashed Potatoes Mixed Vegetables Pears Milk	Black Eyed Peas (3/8 cup for ages 1-5; 1/2 cup for ages 6-12) Macaroni & Cheese Roll Broccoli Pineapple Tidbits Milk	*Chicken Strips Whole Wheat Soft Tortilla Green Beans Fruit Cocktail Milk	* Salisbury Steak <b>Gravy</b> Cornbread <b>Margarine</b> Winter squash (acorn or butternut Peas Apple Slices Milk
<b>Snack</b>	Vanilla Wafer Milk	Whole Grain Pita Bread Cheese Slice	Assorted Whole Grain Crackers Fresh Broccoli Florets <b>Lowfat Ranch Dressing</b>	Plain Graham Crakers Yogurt



Friday
Banana Whole Grain Waffles Syrup Milk
*Cheese Pizza (whole grain crust) Corn Spinach Salad (Spinach, Tomato, Cucumber) <b>Lowfat French Dressing</b> Peaches Milk
Orange Slices Raisin Bread