

Menu 3

Sunday

Breakfast- Cinnamon Honey Toast, Milk

Lunch- Beef Garden Casserole, Biscuits

Dinner- Nachos

Monday

Breakfast- Blueberry Pancakes, Milk

Lunch- Turkey and Cheese Biscuit Melts (from leftover biscuits), Raw Veggies, Peach Milkshakes

Dinner- Hearty Bean Casserole, Fruit Salad, Milk

Tuesday

Breakfast- Scrambled Eggs with salsa and cheese, Oranges and Bananas

Lunch- Tuna Salad, Cottage Cheese and Peaches

Dinner- Cheesy Potato Soup, Carrot Sticks, Honey Wheat Muffins

Wednesday

Breakfast- Granola with dried fruit and coconut

Lunch- Ham and Cheese Quesadillas, Apple slices

Dinner- Honey Mustard Chicken, Stir Fried Rice and Veggies

Thursday

Breakfast- Peanut Butter Honey Toast, Pears, Milk

Lunch- Chicken Jambalaya, Fruit

Dinner- Spinach Quiche, Tossed Salad, Fruit Salad

Friday

Breakfast- Yogurt Smoothies

Lunch- Burritos

Dinner- BBQ Meatballs, Baked Potatoes, Green Beans

Saturday

Breakfast- French Toast, Milk

Lunch- Leftovers

Dinner- Pizza

