

SUMMER WEEK 4

	MAIN COURSE	VEGETABLES	FRUIT/DESSERT	BREADS	A.M. SNACK	P.M.SNACK
MONDAY	SPAGHETTI LENTIL/TOMATO SAUCE	SPINACH SALAD infants - cooked vegetable	PEARS	WHOLE WHEAT BUNS	BAGELS CHEESE WATER	APPLES DIGESTIVES WATER
TUESDAY	CHICKEN & PEAS CASSEROLE	BROCCOLI & CAULIFLOWER infants- cooked vegetable	PINEAPPLE	WHOLE WHEAT BREAD	CRACKERS CHEESE WATER	SALSA & BEAN DIP WRAPS WATER
WEDNESDAY	SANDWICHES EGG & TURKEY	CUCUMBER SLICES	BANANAS	WHOLE WHEAT BREAD	YOGURT FRESH FRUIT WATER	RAISIN BREAD APPLES WATER
THURSDAY	GROUND BEEF SHREDDED CHEESE (sour cream)	LETTUCE SALSA TOMATOES infants - cooked vegetable	SEASONAL FRESH FRUIT	TORTILLA SHELLS	CEREAL FRESH FRUIT MILK	ORANGES DIGESTIVES WATER
FRIDAY	TUNA CHEESE BUNS	GARDEN SALAD infants - cooked vegetable	APPLESAUCE	HAMBURG BUNS	EGG SALAD IN MINI PITAS WATER	HOMEMADE LOAVES OR MUFFINS MILK
<p>RAW VEGETABLES includes a variety of the following; celery, carrots, cucumbers, green peppers, broccoli, cauliflower FRESH FRUIT includes a variety of oranges, apples, bananas, cantelope, grapes, watermelon, kiwi</p>						

