

**MENU**  
**WEEK 3**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;"><u><b>A.M. Snack</b></u></p> <p>◆ Cheerios, milk or water</p>	<p style="text-align: center;"><u><b>A.M. Snack</b></u></p> <p>◆ Gold fish crackers milk or water</p>	<p style="text-align: center;"><u><b>A.M. Snack</b></u></p> <p>◆ Fresh seasonal fruit, milk or water</p>	<p style="text-align: center;"><u><b>A.M. Snack</b></u></p> <p>◆ Bagels w/cream cheese milk or water</p>	<p style="text-align: center;"><u><b>A.M. Snack</b></u></p> <p>◆ Muffins milk or water</p>
<p style="text-align: center;"><u><b>Lunch</b></u></p> <p>◆ Shepherd's pie apple sauce</p>	<p style="text-align: center;"><u><b>Lunch</b></u></p> <p>◆ Vegetable soup with grilled cheese sandwich and fresh seasonal fruit</p>	<p style="text-align: center;"><u><b>Lunch</b></u></p> <p>◆ Penne with beef and spinach sauce yogurt</p>	<p style="text-align: center;"><u><b>Lunch</b></u></p> <p>◆ English muffin pizzas fresh seasonal fruit</p>	<p style="text-align: center;"><u><b>Lunch</b></u></p> <p>◆ Chicken quesadillas on rice with vegetables fresh seasonal fruit</p>
<p style="text-align: center;"><u><b>P.M. Snack</b></u></p> <p>◆ Fresh seasonal fruit</p>	<p style="text-align: center;"><u><b>P.M. Snack</b></u></p> <p>◆ Graham cookies</p>	<p style="text-align: center;"><u><b>P.M. Snack</b></u></p> <p>◆ Fresh vegetables and dip</p>	<p style="text-align: center;"><u><b>P.M. Snack</b></u></p> <p>◆ Cheese and crackers</p>	<p style="text-align: center;"><u><b>P.M. Snack</b></u></p> <p>◆ Apples and cheses</p>

