

Week 2

Summer 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	*Whole Grain Cereal Mix *Seasonal Fruit *Water	*Toasted WW English Muffins with Cinnamon Butter * Seasonal Fruit * Water	*Applesauce *Bran Buds *Water	*Yogurt cones *Seasonal fruit *Water	*WW Carrot Muffins *Seasonal Fruit *Water
LUNCH	*Tuna Casserole with Arugula and Carrots *Cucumbers *Milk *Seasonal Fruit	*Baked Chicken Strips *WW Couscous with Green Beans and Red Peppers *Milk *Seasonal Fruit	*Chickpea Curry with Sweet Potato and Spinach *Brown Rice *Milk *Seasonal Fruit	* Beef Tacos (with tomatoes, carrots, lettuce, refried beans and cheese) *WW Tortilla *Milk *Seasonal Fruit	*Egg Salad Sandwiches on WW Bread *Cucumbers and Assorted Bell Peppers *Milk *Seasonal fruit
PM SNACK	*Brown Rice Cakes with No Nut Butter *Seasonal Fruit *Milk	*Whole Grain Cracker *Seasonal fruit *Milk	*WW Bagels with cream cheese *Seasonal Fruit *Milk	*WW Blueberry Scones *Seasonal Fruit *Water	*Rye Bread with No Nut Butter *Seasonal Fruit *Milk
Condiments Max 1 tbsp per child	AM – Lunch- PM-	AM – Lunch- PM –	AM – Lunch – PM	AM – Lunch- sour cream PM -	AM – Lunch- PM -