



WEEKLY MEAL PLAN



Breakfast

Lunch

Dinner

MONDAY

Milk
Assorted Cereal

Milk
Wheat Bread

Chicken Fideo
Mixed Vegetables
Mandarin Oranges

Milk
Cucumber & Ranch

TUESDAY

Milk
Biscuits & Jelly

Milk
Wheat Bread

Chili Mac
Tomato/Green Beans
Peaches

Milk
Vanilla Wafers

WEDNESDAY

Milk
Bagels/Cream Cheese

Milk
Wheat Bread

Curried Chicken
Zucchini
Pineapple

Milk
Cheese

THURSDAY

Milk
Assorted Cereal

Milk
Wheat Bread

Baked Alphabet
and Stars
Peas & Carrots
Spiced Apples

Milk
Banana Muffins

FRIDAY

Milk
Waffles

Milk
Wheat Bread

Turkey & Cheese
Sandwiches
Fresh Spinach
Apple Sauce

Milk
Graham Crackers

