

# Creative Beginnings Menu



Week One	BREAKFAST	LUNCH	SNACK
<b>MONDAY</b>	WG Pancakes w/Syrup Fruit** Milk	WG Chicken Nuggets Sweet Potato Fries** Green Peas** WG Bread Milk	Fruit** Yogurt
<b>TUESDAY</b>	Scrambled Eggs w/Cheese Hashbrowns Milk	Meatballs in Marinara Sauce WG Pasta Italian Blend Vegetables** Breadstick Milk	Fresh Sliced Apples Applesauce for toddlers Peanut Butter
<b>WEDNESDAY</b>	WG Cereal Pineapple Tidbits** Milk	Roast Turkey* Fresh Roasted Potatoes Harvest Vegetable Blend** WG Bread Milk	Nutri-Grain Bar Fruit** Milk
<b>THURSDAY</b>	Yogurt, granola and fruit parfait	Pork Chop Patty* French Cut Green Beans** Stewed Apples** WG Roll Milk	Crackers Cheese
<b>FRIDAY</b>	WG Muffin Banana Milk	Fish Sticks Broccoli** Tater Tots Cookie Milk	Sun Chips 100% Fruit Juice**

WG = Whole Grain

\*= Chopped for Toddlers

\*\*Frozen or canned unless  
otherwise denoted

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Week Three	BREAKFAST	LUNCH	SNACK
<b>MONDAY</b>	WG Cereal Fruit** Milk	Ham & Cheese on WG Bread Potato Wedges** Fruit** Milk	Graham Crackers Peanut Butter
<b>TUESDAY</b>	WG Mini Waffle Fruit** Milk	Fajita Chicken Strips Tortilla Chips Cheese sauce** Chuckwagon Blend Veggies** Fruit** Milk	Yogurt Canned Peaches
<b>WEDNESDAY</b>	WG Muffin Fruit** Milk	Breaded Chicken Breast* Normandy Blend Vegetables** WG Pasta w/Marinara Sauce** Fruit** Milk	Crackers String Cheese
<b>THURSDAY</b>	Cheese Omelet Hash Browns** Milk	Salisbury steak* Green Beans** Mashed Potatoes** WG Roll Milk	WG Animal Crackers Milk
<b>FRIDAY</b>	Biscuit Sausage Patty Fruit** Milk	WG Cheese Stuffed Breadstick** Tomato Soup** Tossed Salad w/dressing Fruit** Brownie Bites Milk	WG Goldfish 100% Fruit Juice**

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Week Two	BREAKFAST	LUNCH	SNACK
<b>MONDAY</b>	Egg Patty Biscuit Fruit** Milk	Cheeseburger on WG Bun Baked Beans** Fruit** Milk	Hummus Crackers
<b>TUESDAY</b>	WG Mini Bagel with Cream cheese Fruit** Milk	Oven Fried Chicken* Cheesy Potato Casserole** Mixed Vegetable Blend** WG Roll Milk	Yogurt Fruit**
<b>WEDNESDAY</b>	WG Cereal Fresh Orange Wedges Milk	Baked Ham* Green Beans** Macaroni & Cheese Fruit** WG Bread Milk	WG Goldfish Fruit**
<b>THURSDAY</b>	Scrambled Eggs Hash Browns Milk	Roast Beef California Blend Medley** Mashed Potatoes** WG Roll Milk	Cheese Pretzels
<b>FRIDAY</b>	WG French Toast Sticks Fresh Berries Milk	WG Pizza Tossed Salad w/dressing Corn** Pudding Milk	WG Cheez-its 100% Fruit Juice**

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