



LADYBIRD MENU

WEEK 1

WEEK 2

MONDAY		MONDAY	
Breakfast:	Waffles / cereal	Breakfast:	Waffles / cereal
AM Snack:	Grapes	AM Snack:	Grapes
Lunch:	Macaroni & beef in tomato sauce & fruit salad	Lunch:	Chicken, yellow rice, corn and fruit salad
PM Snack:	Oatmeal cookies *	PM Snack:	Vanilla wafers *
TUESDAY		TUESDAY	
Breakfast:	Scrambled eggs, wheat toast / cereal	Breakfast:	Scrambled eggs, wheat toast / cereal
AM Snack:	Apple Slices	AM Snack:	Apple slices
Lunch:	Chili rice & green beans with orange segments	Lunch:	Low fat cheese pizza, mixed vegetables, and apple sauce
PM Snack:	Vanilla wafers *	PM Snack:	Raisins / Cheerios / Pretzels *
WEDNESDAY		WEDNESDAY	
Breakfast:	Pancakes / cereal	Breakfast:	Pancakes / cereal
AM Snack:	Melon slices	AM Snack:	Melon slices
Lunch:	Turkey hotdogs, carrot sticks, and diced peaches.	Lunch:	Bow tie pasta, turkey meatballs in tomato sauce, pineapple tidbits
PM Snack:	Goldfish crackers *	PM Snack:	Goldfish crackers *
THURSDAY		THURSDAY	
Breakfast:	Yogurt / cereal.	Breakfast:	Yogurt / cereal.
AM Snack:	Orange segments	AM Snack:	Orange segments.
Lunch:	Spaghetti, meatballs, green beans, and pineapple tidbits.	Lunch:	Macaroni and cheese, broccoli, and diced peaches.
PM Snack:	Raisins / Cheerios / Pretzels *	PM Snack:	Graham crackers *
FRIDAY		FRIDAY	
Breakfast:	French toast / cereal	Breakfast:	French toast / cereal
AM Snack:	Bananas.	AM Snack:	Bananas.
Lunch:	Chicken & cheese quesadillas, salsa, and apple sauce	Lunch:	Grilled cheese sandwich & vegetable chips
PM Snack:	Vegetable Sticks*	PM Snack:	Oatmeal cookies*



Breakfast is served with juice or milk.

Morning snack is served with water.

Lunch is served with milk.

Afternoon snack is served with flavored water.



* Carrot sticks and ranch are offered as an alternative snack.





LADYBIRD MENU

WEEK 3

WEEK 4

MONDAY		MONDAY	
Breakfast:	Waffles / cereal	Breakfast:	Waffles / cereal
AM Snack:	Grapes	AM Snack:	Grapes
Lunch:	Whole wheat pasta, turkey meatballs in tomato sauce with diced pears	Lunch:	Chicken, yellow rice, corn and diced pears
PM Snack:	Animal crackers *	PM Snack:	Animal crackers*
TUESDAY		TUESDAY	
Breakfast:	Scrambled eggs & wheat toast / cereal	Breakfast:	Scrambled eggs, wheat toast / cereal
AM Snack:	Apple slices	AM Snack:	Apple slices
Lunch:	Chicken breast, sweet potato, green beans & apple sauce	Lunch:	Grilled cheese sandwich & vegetable chips
PM Snack:	Goldfish crackers *	PM Snack:	Raisins / Cheerios / Pretzels *
WEDNESDAY		WEDNESDAY	
Breakfast:	Pancakes / cereal	Breakfast:	Pancakes / cereal
AM Snack:	Melon slices	AM Snack:	Melon slices
Lunch:	Cheese ravioli, green beans, and diced peaches	Lunch:	Chicken corn dogs, carrot sticks, and mixed fruit
PM Snack:	Raisins / Cheerios / Pretzels *	PM Snack:	Goldfish crackers*
THURSDAY		THURSDAY	
Breakfast:	Yogurt / cereal	Breakfast:	Yogurt / cereal
AM Snack:	Orange slices	AM Snack:	Orange slices
Lunch:	Chicken nuggets, peas, potato gems & fruit salad	Lunch:	Spaghetti, meatballs, green beans, with apple sauce
PM Snack:	Vanilla wafers *	PM Snack:	Vanilla wafers *
FRIDAY		FRIDAY	
Breakfast:	French toast / cereal	Breakfast:	French toast / cereal
AM Snack:	Bananas.	AM Snack:	Bananas.
Lunch:	Turkey wrap, carrot sticks, and pineapple tidbits	Lunch:	Macaroni cheese, broccoli, and pineapple tidbits
PM Snack:	Vegetable Sticks*	PM Snack:	Vegetable Sticks*



Breakfast is served with juice or milk.

Morning snack is served with water.

Lunch is served with milk.

Afternoon snack is served with flavored water.



* Carrot sticks and ranch are offered as an alternative snack.

