



LADYBIRD MENU

WEEK 1

WEEK 2

| MONDAY | | MONDAY | |
|-------------------|--|-------------------|--|
| Breakfast: | Waffles / cereal | Breakfast: | Waffles / cereal |
| AM Snack: | Apple Slices | AM Snack: | Apple Slices |
| 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: | Yogurt / cereal / fresh fruit | Breakfast: | Yogurt / cereal / fresh fruit |
| AM Snack: | Melon slices | AM Snack: | Melon slices |
| Lunch: | Sweet potato, turkey patty, 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: | Orange segments | AM Snack: | Orange segments |
| Lunch: | Turkey hotdogs, carrot sticks, and sliced peaches. | Lunch: | Bow tie pasta, turkey meatballs in tomato sauce, pineapple tidbits |
| PM Snack: | Animal crackers * | PM Snack: | Animal crackers * |
| THURSDAY | | THURSDAY | |
| Breakfast: | Scrambled eggs & wheat toast. | Breakfast: | Scrambled eggs & wheat toast. |
| AM Snack: | Apple slices. | AM Snack: | Apple slices. |
| Lunch: | Spaghetti, meatballs, green beans, and pineapple tidbits. | Lunch: | Burrito & Salsa, and sliced peaches. |
| PM Snack: | Raisins / Cheerios / Pretzels* | PM Snack: | Goldfish crackers * |
| FRIDAY | | FRIDAY | |
| Breakfast: | French toast / cereal / fresh fruit | Breakfast: | French toast / cereal / fresh fruit |
| AM Snack: | Bananas. | AM Snack: | Bananas. |
| Lunch: | Chicken & cheese quesadillas, salsa, and apple sauce | Lunch: | Grilled cheese sandwich, vegetable chips & diced pears |
| PM Snack: | Graham crackers* | PM Snack: | Graham crackers* |



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.





Windermere

LADYBIRD MENU

WEEK 3

WEEK 4

| MONDAY | | MONDAY | |
|-------------------|--|-------------------|---|
| Breakfast: | Waffles / cereal / fresh fruit | Breakfast: | Waffles / cereal / fresh fruit |
| AM Snack: | Apple Slices | AM Snack: | Apple Slices |
| 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: | Oatmeal cookies * |
| TUESDAY | | TUESDAY | |
| Breakfast: | Yogurt / cereal / fresh fruit | Breakfast: | Yogurt / cereal / fresh fruit |
| AM Snack: | Melon slices | AM Snack: | Melon slices |
| Lunch: | Turkey hotdogs, carrot sticks, ranch & apple sauce | Lunch: | Grilled cheese sandwich & vegetable chips |
| PM Snack: | Oatmeal cookies * | PM Snack: | Raisins / Cheerios / Pretzels * |
| WEDNESDAY | | WEDNESDAY | |
| Breakfast: | Pancakes / cereal / fresh fruit | Breakfast: | Pancakes / cereal / fresh fruit |
| AM Snack: | Orange segments | AM Snack: | Orange segments |
| Lunch: | Penne pasta, and parmesan cheese with green beans, & diced peaches | Lunch: | Chicken corn dogs, carrot sticks, and mixed fruit |
| PM Snack: | Raisins / Cheerios / Pretzels * | PM Snack: | Goldfish crackers * |
| THURSDAY | | THURSDAY | |
| Breakfast: | Scrambled eggs & wheat toast. | Breakfast: | Scrambled eggs & wheat toast. |
| AM Snack: | Apple slices. | AM Snack: | Apple slices. |
| Lunch: | Chicken nuggets, peas, sliced potato & fruit salad | Lunch: | Spaghetti, meatballs, green beans, with apple sauce |
| PM Snack: | Goldfish crackers * | PM Snack: | Animal crackers * |
| FRIDAY | | FRIDAY | |
| Breakfast: | French toast / cereal / fresh fruit | Breakfast: | French toast / cereal / fresh fruit |
| 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: | 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.

