



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
 <p><b>Sleep</b> During sleep the body repairs &amp; restores itself.</p> 	<p><b>Nutrition Byte</b></p> <p><b>Nutrition</b></p>  <p>Stay away from processed food &amp; sugar.</p>	 <p><b>Exercise</b></p> <p>Get plenty of exercise and outdoor playtime. Outside air is less toxic than inside air.</p>		
7	8	9	10	11
Cheeseburger Baked Beans Corn Mixed Fruit Pears Milk	Chicken & Noodles Mashed Potatoes Buttered Carrots Peaches Strawberries Milk	Grilled Cheese Tomato Soup Goldfish Crackers Green Beans Apple Slices Orange Wedges	French Toast Sticks Sausage Hash Brown Orange Juice Apple Juice Milk	Pizza Cooks Choice
14	15	16	17	18
Chicken Strips Broccoli & Cheese Corn Pineapple Mixed Fruit Milk	Mini Sub Potato Soup Celery & Dip Applesauce Orange Wedges Milk	Soft Tacos Refried Beans Salsa & Chips Pears Peaches Milk	Pork Fritter Green Beans Peas Grapes Banana Milk	Pizza Cooks Choice
21	22	23	24	25
Pretzel Baked Beans Cot/Cheese/Tom Applesauce Peaches Milk	Grilled Cheese Tomato Soup & Goldfish Crackers Corn Mixed Fruit Pears	Br Chicken Sand Fries Green Beans Mandarin Oranges Pineapple Milk	Macaroni & Cheese Crisp Salad/ Ranch Glazed Carrots Apple Slices Fruit Jello Milk	Pizza Cooks Choice
28	29	30	31	1
Chicken Nuggets Corn Peas Applesauce Orange Wedges Milk	Salisbury Steak/Gravy Mashed Potatoes Broccoli & Cheese wg/Roll Fruit Milk	BBQ Rib Sand Green Beans Carrots & Dip Baked Chips Fruit Milk	Chicken Soft Tacos Spanish Rice Refried Beans Apple Crispito Orange Wedges Milk	

A chef salad or jammer sandwich will also be offered every day.

**BREAKFAST**

**MONDAY**

Pop Tarts  
 Juice  
 Milk

**TUESDAY**

Waffles & Sausage  
 Juice  
 Milk

**WEDNESDAY**

Sausage, Gravy & Biscuit  
 Juice  
 Milk

**THURSDAY**

Breakfast Pizza  
 Juice  
 Milk

**FRIDAY**

Donuts  
 Yogurt  
 Juice, Milk

A variety of cold cereal will also be offered every day as a main item for breakfast.

