



## Daily Snacks & Lunch

**Date: September 30 – October 4, 2019**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<i>Morning:</i> Waffles w/ Apple Sauce	<i>Morning:</i> Toast w/ Honey Fruit	<i>Morning:</i> Yogurt Fruit	<i>Morning:</i> Dry Cereal Fruit	<i>Morning:</i> Fruit Tray
Milk	Milk	Milk	Milk	Milk
<i>Lunch:</i> Sandwiches Raw Vegetables Cheese Cubes	<i>Lunch:</i> Fish Sticks Rice Pilaf Peas & Carrots	<i>Lunch:</i> Carrot Zucchini Quiche Salad	<i>Lunch:</i> Beef Taco Salad (Tomato, salsa, sour cream)	<i>Lunch:</i> Spaghetti w/ Tomato Sauce
Fruit	Fruit	Fruit	Fruit	Fruit
Milk	Milk	Milk	Milk	Milk
<i>Afternoon:</i> Hummus Pita Bread Pickles	<i>Afternoon:</i> Cheese & Crackers Apples	<i>Afternoon:</i> Apple Sauce Spice Loaf Fruit	<i>Afternoon:</i> Rice Cake Apple Sauce	<i>Afternoon:</i> Carrot Cake Fruit
Water	Water	Water	Water	Water