

Week OF	Menu - Summer Week 2				
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Assorted Cereal	applesauce	Toast with jam or wow butter	Cereal	applesauce
Fruit / Veggies					
Drink	Water	Water	Water	Water	Water
Lunch	Chicken Stirfry	Sausages, oven pototoes and coleslaw	Pizza	Pulled Pork Tacos	Hamburgers
Fruit / Veggies					
Drink	Milk	Milk	Milk	Milk	Milk
Afternoon Snack	Frozen Bananas -bananas cut in half, dipped in yougourt with sprinkles on top.	Smoothies Lactose Option: lactose yogourt and/or milk or water can be used	Blueberry Lemon/ Banana Loaf	yogourt bark Lactose Option: Use leftover Lactose smoothies to make a lactose Bark	Homemade Oatmeal Cookies/ Infants- soft banana cookies
Fruit / Veggies					
Drink	Water	Water	Water	Water	Water
	Whole Wheat Bread will be used when available				
	Whole Grain Pasta will be used when available				
	Infants : Avoid sending dips other than Hummus and yogourt dip				
	When making veggie platters or salads infants are to be served cucumber, peppers, grated carrot or cooked veggies				