Dunwoody Christian Academy

MENU

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Milk Corn Puffs Mandarin Oranges	Milk Apple Cinninamon Muffin Mix Fruit	Milk Scrambles Eggs Spinach/Cheese Croissant Steam Apples	Milk ½ Banana Mini Wheat Cereal	Milk Plain Bagel Applesauce Cream Cheese
LUNCH	Milk Tomato Soup Corn Bread Diced Pineapples	Milk Teriyaki Chicken Steamed Rice Mixed Vegetables Wheat Roll	Milk Fish Sandwich Vegetarian Beans Diced Pears	Milk Spaghetti w/ Meatballs Steam Broccoli Garlic bread Mix Berries	Milk Turkey Peperoni Pizza Steamed Corn Diced Peaches
SNACK 1	Milk Yogurt Chex Mix Cakes Fruit Cups Water	Vanilla Yogurt Mix Berries Water	Cheese Slice Townhouse Crackers Water	Pretzel Goldfish Fruit Cup Water	Milk Jungle Crackers Water
SNACK 2	Strawberries Water	Apples Water	Oranges Water	Banana Water	Grapefruit Water

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Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Milk Raisin Bran Cereal Mandarin Oranges	Milk Applesauce Blueberry Muffin	Milk Waffles Turkey Sausage Link Mix Fruit	Milk ½ Banana Corn Puffs Cereal	Milk Sausage Biscuit Apple Slices
LUNCH	Milk Veggie Nuggets Steam Mix Vegetables Diced Pineapples	Milk Turkey Meatball Brown Rice Green Beans Diced Peaches	Milk Chicken Tenders Mashed Potatoes Peas and Carrots Bread Stick	Milk Sloppy Joe Vegetarian Beans Diced Pears	Milk Fish Sticks Toss Salad Mix Berries
SNACK 1	Milk Vanilla Wafers Water	Jungle Crackers Fruit Cup Water	Banana/Strawberry Yogurt Graham Crackers Water	Ritz Crackers Cheese Stick Water	Veggie Straws Peaches Fruit Cup Water
SNACK 2	Strawberries Water	Oranges Water	Watermelon Water	Grapefruit Water	Banana Water

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Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Milk Cheerios Mandarin Oranges	Milk Oatmeal Wheat Toast Turkey Bacon	Milk Blueberry Bagel Cream Cheese Applesauce	Milk ½ Banana Rice Krispies Cereal	Milk Banana Muffin Sliced Apples
LUNCH	Milk Veggie Burger Sweet Potato Fries Diced Peaches	Milk Chicken Noodles Soup Corn Bread Mango Chunks	Milk Chicken Broccoli Casserole Green Beans Pears	Milk Fish Sticks Vegetarian Beans Cole Slaw Wheat Roll	Milk Turkey Cheese Sandwich Lettuce Fresh Oranges
SNACK 1	Fruit Cups Caramel Rice Cakes Water	Townhouse Crackers Slice Cheese Water	Strawberry/Banana Yogurt Graham Crackers Water	Milk Animal Crackers Water	Cheddar Chex Mix Fruit Cup Water
SNACK 2	Banana Water	Apples Water	Oranges Water	Banana Water	Grapefruit Water