

Kids at Work Menu

Week 1

| Granola Bars | Fresh Baked | Yogurt | Pancakes with | |
|----------------|--------------|-------------------|---------------|-----------------|
| Banana | Banana Bread | Graham Crackers | Apples & | Cereal and Milk |
| | Milk | | Cinnamon | |
| Mini Pizza's | Spaghetti w/ | Baked Chicken | Bean & Cheese | Tuna Sandwich |
| Garden Salad | Meat Sauce | Fingers | Burritos | Vegetable Soup |
| Milk | Green Beans | Cucumber/Tomato | Apple Slices | Milk |
| | Pineapple | Salad & Banana | Carrot Sticks | |
| | | | | |
| Vanilla Wafers | Goldfish | Cheese & Crackers | Fresh Veggies | Fresh Fruit |
| Oranges | Fresh Fruit | | Crackers | Cheese |

Week 2

| Yogurt | Waffles | French Toast | Granola Bars | Cereal |
|-----------------|-----------------|----------------|-------------------|-----------------|
| Smoothies | Milk | Milk | Banana | With milk |
| Graham Crackers | | | | |
| Tuna Sandwiches | Mac & Cheese | Beanie Weenies | Taco Salad | Turkey & Cheese |
| Apples | Green Beans | Green Salad | w/meat & | Stackers |
| Carrots | Apple Slices | Banana | cheese | Oranges |
| | Milk | Milk | tortilla chips | |
| Cinnamon | Peanut Butter & | Trail Mix | Goldfish Crackers | Fresh Fruit & |
| Apples & | Jelly Cracker | Fresh Fruit | Juice | Veggies |
| Crackers | Stackers | | | |

Week 3

| Fresh Fruit | Pancakes | Fresh Baked | English Muffin | Bagels with |
|-----------------|--------------------|----------------|------------------|----------------|
| Smoothies | w/Peanut Butter | Apple Muffin | with Cheese | Cream Cheese |
| Animal Crackers | Milk | Milk | Milk | 100% Juice |
| | | | | |
| Scrambled Eggs | Chili Mac | Beef Taco's | Turkey/Rice | Grilled Cheese |
| Sausage | Broccoli | Beans | Green Beans | Tomato Soup |
| Toast w/Jelly | Applesauce | Garden Salad | Pears | |
| Milk | Milk | Milk | Milk | |
| Veggie Sticks | Sugar Free Pudding | Pretzel Sticks | Saltine Crackers | Fresh Veggies |
| Oranges | Graham Crackers | Fresh Fruit | Tuna | Pretzels |

Week 4

| Cheese Toast | Yogurt and | Pancakes | Cinnamon | Animal Crackers |
|--------------|--------------|---------------|----------------|-----------------|
| Milk | Nilla Wafers | Fruit Topping | Muffins w/Milk | 100% Juice |

| Pigs in a Blanket | Bean & Cheese | Beefy Potatoes | Hamburgers | Peanut Butter & |
|-------------------|---------------|------------------|----------------|-----------------|
| Cucumber Slices | Burritos | with Gravy | French Fries | Jelly Sandwich |
| Fresh Fruit | Garden Salad | Apples | Lettuce/Tomato | Apples |
| Milk | Milk | Broccoli | | Carrots |
| Yogurt | Trail Mix | Celery w/peanut | Cinnamon | Trailmix |
| Vanilla Wafers | 100% Juice | Butter & Raisins | Apples & juice | Juice |