

# 2017/2018 Beginners Menu

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Please highlight the items  
your child **CAN** eat/drink.

## WEEK ONE

### Monday

**Breakfast:**  
Waffles, 1/2 Banana,  
Milk  
**Lunch:**  
Chicken Sticks, Ranch  
Dressing, Mashed  
Potatoes, Mandarin  
Oranges, Milk  
**Snack P.M.:**  
Animal Crackers, Milk

### Tuesday

**Breakfast:**  
Sausage Link, Scrambled  
Eggs, Mandarin Oranges,  
Milk  
**Lunch:**  
Taco Meat, Tortilla  
Shell, Shredded Cheese,  
Diced Tomatoes, Corn,  
Pears, Milk  
**Snack P.M.:**  
Goldfish Crackers, Milk

### Wednesday

**Breakfast:**  
Sausage Gravy, Biscuit,  
1/2 Banana, Milk  
**Lunch:** Ham slices,  
Mac n' Cheese, Green  
Beans, Peaches, Milk  
**Snack P.M.:**  
Vanilla Wafers, Milk

### Thursday

**Breakfast:**  
Cheerios Cereal, 1/2  
Banana, Milk  
**Lunch:**  
Turkey Slice, Cheese  
Slice, Tortilla Shell,  
Ketchup, Pears, Peas,  
Milk  
**Snack P.M.:**  
Apple Cinnamon  
Muffin, Milk

### Friday

**Breakfast:**  
Vanilla Yogurt,  
Mandarin Oranges,  
Milk  
**Lunch:**  
Waffles, Sausage Link,  
Applesauce, Potato Tots,  
Ketchup, Milk  
**Snack P.M.:**  
Chocolate Cheerios,  
Milk

## WEEK TWO

### Monday

**Breakfast:**  
Waffles, 1/2 Banana,  
Milk  
**Lunch:**  
Fish Sticks, Ketchup,  
Potato Triangle,  
Applesauce, Corn, Milk  
**Snack P.M.:**  
Animal Crackers, Milk

### Tuesday

**Breakfast:**  
Sausage Link, Scrambled  
Eggs, Mandarin Oranges,  
Milk  
**Lunch:**  
Beef Bologna, Cheese  
slice, Wheat Bread,  
Ketchup, Cooked  
Carrots, Peaches, Milk  
**Snack P.M.:**  
Goldfish Crackers, Milk

### Wednesday

**Breakfast:**  
Sausage Gravy, Biscuit,  
1/2 Banana, Milk  
**Lunch:**  
Chicken Sticks, Ranch  
Dressing, Corn, Orange  
Jell-O, Mandarin  
Oranges, Milk  
**Snack P.M.:**  
Vanilla Wafers, Milk

### Thursday

**Breakfast:**  
Cheerios Cereal, 1/2  
Banana, Milk  
**Lunch:**  
Brown Sugar Silver  
Dollar Pancakes,  
Sausage Link,  
Scrambled Eggs,  
Applesauce, Milk  
**Snack P.M.:**  
Apple Cinnamon  
Muffin, Milk

### Friday

**Breakfast:**  
Vanilla Yogurt,  
Mandarin Oranges,  
Milk  
**Lunch:**  
Hamburger, Hamburger  
bun, French Fries, Pears,  
Mustard, Ketchup, Milk  
**Snack P.M.:**  
Chocolate Cheerios,  
Milk

