

WEEK #1

Monday	Tuesday	Wednesday	Thursday	Friday
Milk Fruit Cocktail Cuban Bread Scrambled Eggs	Milk Mandarin Corn Flakes	Milk Peach Cuban Crackers Scrambled Eggs	Milk Banana Rice Crispy cereal	Milk Pear French toast & syrup
Milk Chicken Soup Carrots, Peas and Potato Peach White Rice	Milk Beef Lettuce Fruit Cocktail White Rice & Black Beans	Milk Chicken & Ham Cole Salad Mandarin Fried Rice	Milk Meatballs Cucumber & Tomato Salad Peach Spaghetti	Milk Chicken Nuggets Corn Banana Mac & Cheese
Whole wheat Ham & Cheese Sandwich	Whole wheat Ritz Crackers Apple juice	Vanilla Yogurt Graham crackers Whole Wheat	Gold Fish Whole Wheat Mango Juice	Wheat Thins Whole Wheat Cheese Stick

WEEK # 2

Monday	Tuesday	Wednesday	Thursday	Friday
Milk Mandarin White bread Scrambled Eggs	Milk Banana Kix Cereal Whole Wheat	Milk Fruit Cocktail Crackeñas Whole Wheat Scrambled Eggs	Milk Peach Cheerios Cereal	Milk Pear Waffles & Syrup
Milk Chicken Fricassee Carrots & Peas Plantains White Rice	Milk Ground Turkey Tossed Salad Mandarin White Rice Hawaiian bread	Milk Pork Loin Peas Banana White Rice Black Beans	Milk Chicken Breast Carrots Fruit Cocktail Spaghetti Whole wheat	Milk Ham Slice Corn Peach Cheese Pizza
Apple juice Gold fish whole wheat	Fruit Squeeze Graham Crackers whole wheat	Mango juice Animal Cookies	Yogurt Grapes	Cheese Stick Ritz Crackers whole wheat

WEEK # 3

Monday	Tuesday	Wednesday	Thursday	Friday
Milk Mandarin W wheat bread Scrambled Eggs	Milk Peach Multigrain Cheerios Cereal	Milk Fruit Cocktail Cuban bread Scrambled Eggs	Milk Mandarin Kix Cereal	Milk Strawberry Pancakes & Syrup
Milk Chicken Breast Green beans & Onions Pears White Rice	Milk Beef Stew Potatoes Strawberry White Rice	Milk Fish Sticks Carrots Pear White Rice & Black Beans	Milk Chicken Breast Tomatoes Fruit Cocktail Spaghetti Whole wheat Garlic Bread	Milk Ground Turkey Carrots Mandarin White Rice
Apple juice Nilla Cookies	Turkey Roll Hawaiian bread	Mango juice Whole wheat Crackers	Cheese Stick Ritz Crackers	Yogurt Graham Crackers whole wheat

WEEK #4

Monday	Tuesday	Wednesday	Thursday	Friday
Milk Pear Whole wheat bread Scrambled Eggs	Milk Banana Corn Flakes Cereal	Milk Peach Whole wheat Cuban Crackers Scrambled Eggs	Milk Mandarin Rice Crispies Cereal	Milk Strawberry French Toast
Milk Chicken Lettuce Mandarin White Rice	Milk Shredded Beef Corn Strawberry White Rice	Milk Chicken Cole & Tomato Salad Banana Fried Rice	Milk Ground Turkey Cesar Salad Peach Spaghetti Whole Wheat Garlic Bread	Milk Ground Beef Carrots Banana White Rice & Black Beans
Animal Crackers w/Fruit Puree Squeezable	Whole Wheat Cuban Crackers With Ham	Apple juice Mini Muffins	Cheese Sticks Ritz Crackers whole wheat	Gold Fish whole wheat Apple juice

WEEK # 5

Monday	Tuesday	Wednesday	Thursday	Friday
Milk Mandarin Whole Wheat Bread Scrambled Eggs	Milk Pear Whole Cheerios	Milk Banana Whole Wheat Crackers Scrambled Eggs	Milk Strawberry Special K Cereal	Milk Peach French Toast
Milk Chicken Green beans Plantains Yellow Rice	Milk Beef Stew Mix Vegetables Mandarin White Rice	Milk Pork Loin Carrots Pear White Rice Red beans	Milk Chicken Tomato Mandarin Spaghetti Garlic bread	Milk Fish Fillet Corn Peach White Rice
Mini Muffins Yogurt	Whole wheat Cuban Crackers Apple Juice	Nilla Cookies Apple Slices	Gold Fishes Whole wheat Mango juice	Fruit Squeeze Whole wheat thin Crackers



CREATIVA ACADEMY Menu Planning Worksheet For Children