

WEEK #1

Monday	Tuesday	Wednesday	Thursday	Friday
Milk Fruit Cocktail Cuban Bread Scrambled Eggs	Milk Banana Corn Flakes Cereal	Milk Peach Cuban Crackers Scrambled Eggs	Milk Mandarin Kix Cereal	Milk Fruit Cocktail French toast & syrup
Milk Chicken Teriyaki Carrots, Peas Peach White Rice	Milk Fish Sticks Lettuce Strawberry White Rice & Black Beans	Milk Chicken & Ham Cole Salad Banana Fried Rice	Milk Meatballs Cucumber & Tomato Salad Peach Spaghetti	Milk Chicken Nuggets Corn Banana Mac & Cheese
Cheese Hawaiian bread	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 # 3

Monday	Tuesday	Wednesday	Thursday	Friday
Milk Mandarin W wheat bread Scrambled Eggs	Milk Peach Cheerios Cereal	Milk Banana Crackers WW Scrambled Eggs	Milk Peach Corn Flakes Cereal	Milk Peach French Toast
Milk Garlic Chicken Breast Green beans & Onions Pears White Rice	Milk Lentils with Beef 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 Honey Maid Crackers WW	Cheese Stick Ritz Crackers	Yogurt Graham Crackers whole wheat

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 Corn Flakes Cereal	Milk Peach French Toast
Milk Chicken Green beans Plantains Yellow Rice	Milk Beef Stew Mix Vegetables Mandarin White Rice	Milk Fish Sticks Carrots Pear White Rice Red beans	Milk Chicken Tomato Banana Spaghetti & Garlic bread	Milk Pork Loin Corn Peach White Rice
Mini Muffins Yogurt	Whole wheat Cuban Crackers Apple Juice	Nilla Cookies Apple Slices	Gold Fish Whole wheat Mango juice	Fruit Squeeze Whole wheat thin Crackers

WEEK # 2

Monday	Tuesday	Wednesday	Thursday	Friday
Milk Mandarin White bread Scrambled Eggs	Milk Banana Kix Cereal	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 Red Beans	Milk Chicken Breast Carrots Fruit Cocktail Spaghetti Whole wheat	Milk Shredded Beef Corn Peach White Rice
Apple juice Gold fish whole wheat	Fruit Squeeze Nilla Crackers	Mango juice Animal Cookies	Yogurt Cuban Crackers	Cheese Stick Ritz 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 Kix Cereal	Milk Fruit Cocktail French Toast
Milk Chicken Teriyaki Corn Fruit Cocktail White Rice	Milk Fish Sticks Carrots Pear White Rice & Black Beans	Milk Chicken Cole & Tomato Salad Banana Fried Rice	Milk Ground Turkey Cesar Salad Peach Spaghetti Whole Wheat Garlic Bread	Milk Ham Slice Corn Peach Cheese Pizza
Cheese-it 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



CREATIVA ACADEMY Menu Planning Worksheet For Children