<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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</thead>
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| **Breakfast** 9:00 | Cheese Grits  
Slice of Turkey  
Bacon  
Fruit Juice | Waffle (no syrup)  
with a sprinkle of Powdered Sugar  
Fruit Juice | Whole Wheat  
Cinnamon Toast  
Fresh Strawberries  
Occurs Milk | Raspberry Scone  
Skim Milk | Corn Flakes Cereal  
with Skim Milk  
Fruit Juice |
| **Lunch** 11:45 | Baked Chicken Patty on a Whole Grain Bun  
Mashed Sweet Potato  
Fresh Pineapple  
Skim Milk | Lean Ground Beef Taco with Lettuce, Tomato, & Grated Cheese  
Whole Kernel Corn  
No-sugar added  
Diced Pears  
Milk | Lasagna Garden Salad with Tomatoes, Cucumbers and Low-Cal Ranch  
No-sugar added  
Diced Peaches | Baked Fish Sticks with Ketchup for dipping  
Steamed Broccoli  
Whole Grain Rolls  
Mandarin Oranges  
Skim Milk | Sliced Ham Shells and Cheese  
Lima Beans  
½ Banana  
Skim Milk |
| **2:00 Snack** | Whole Grain Cheezits  
Apple Juice | Strawberry yogurt  
Teddy Grams | String Cheese Ritz Crackers | Raisin Bread Milk | Vanilla Wafers Milk |
| **4:15 Snack** | Animal Crackers  
Fruit Juice | Chex Mix  
Fruit Juice | Graham Crackers  
Fruit Juice | Goldfish Crackers  
Fruit Juice | Pretzels  
String Cheese |