

## Weekly Menu for Meal Pick-up

Monday pick up

Monday 1

Breakfast: cereal bowl

Lunch: ham & cheese sandwich

Tuesday 2

Breakfast: french toast

Lunch: chicken patty sandwich

Wednesday pick up

Wednesday 3

Breakfast: muffin

Lunch: chicken nuggets

Thursday 4

Breakfast: bagel & cream cheese

Lunch: beef chili

Friday pick up

Friday 5

Breakfast: cereal bar

Lunch: turkey & cheese sandwich

Saturday 6

Breakfast: yogurt parfait & crackers

Lunch: macaroni & cheese

Sunday 7

Breakfast: pancakes

Lunch: chicken tenders

All meals include various fruit/fruit juice, vegetables and milk  
Some include yogurt or cheese stick.

Please keep food refrigerated until is ready to consume