

KidZone Master Menu 2019

	Mon	Tue	Wed	Thu	Fri
<p>Week #1</p> <p>A.M. Snack</p> <p>Lunch</p> <p>P.M. Snack</p>	<p>Life Bran Whole Wheat Cereal with Milk, Fresh Fruit</p> <p>Macaroni & Cheese with whole wheat Macaroni noodles & Lentils, Green Beans Fresh Fruit</p> <p>Whole Wheat Fruit Bread, Brick Cheese Fresh Fruit</p>	<p>Whole Wheat Melba Toast, Brick Cheese Fresh Fruit</p> <p>Soft Tacos (Whole Wheat soft Tortilla Shells) Ground Beef, Lettuce, Tomatoes, Cheese, Corn Apple Sauce</p> <p>Homemade Bran Loaf (sweetened with apple sauce and whole wheat flour) Fresh Fruit</p>	<p>Banana and Wow Butter on Whole Wheat Tortilla Shells, Fresh Fruit</p> <p>Tuna Casserole with whole wheat rotini noodles Cooked Carrots Cucumber Slices Fresh Fruit</p> <p>Whole Wheat Crackers, Frozen Grapes with Plain Yogurt Dip Hard Boiled Eggs</p>	<p>Cereal Mix (Life Brand Cereal, Corn Bran, Oatmeal Bran and Multigrain Cheerios), Fresh Fruit</p> <p>Homemade Hamburgers with Cheese on Whole Wheat Buns, Macaroni Salad, Peas Fresh Fruit</p> <p>Whole Wheat Premium Plus Cracker Raw Veggies (cucumbers, peppers, carrots)</p>	<p>Homemade Oatmeal with Apples and Cinnamon</p> <p>Chicken Vegetable Stew (veg serving) Whole Wheat Bun Fresh Fruit</p> <p>Slices Brick Cheese Sandwiches on 12 Grain Bread, Fresh Fruit</p>
<p>Week #2</p> <p>A.M. Snack</p> <p>Lunch</p> <p>P.M. Snack</p>	<p>Whole Wheat Breton Crackers, Brick Cheese, Fresh Fruit</p> <p>Creamy Vegetable Beef Barley Soup 12 Grain Bread Apple Sauce</p> <p>Cranberry-Orange Muffins made with Whole Wheat Flour Fresh Fruit</p>	<p>Fruit and Vegetable Smoothie (banana, blueberries and zucchini with milk)</p> <p>Chicken & Bean Burritos (Whole Wheat Soft Tortilla Shells) Green Beans Garden Salad Fresh Fruit</p> <p>Cherrios Cereal with Milk, Fresh Fruit</p>	<p>Wow Butter and Homemade Fresh Fruit Spread Sandwich on 12 Grain Bread, Fresh Fruit</p> <p>Egg, Vegetable and Cheese Frittata Corn Fresh Fruit</p> <p>Lemon-Cranberry Yogurt Scones made with whole wheat flour, Fresh Fruit</p>	<p>Whole Wheat English Muffin with Melted Cheddar Cheese, Fresh Fruit</p> <p>Tuna and Salmon Sandwiches on 12 Grain Bread, Peas Homemade Baked Beans Fresh Fruit</p> <p>Whole Wheat Breadsticks Fresh Fruit</p>	<p>12 Grain Bread Toasted with Cinnamon, Fresh Fruit</p> <p>Meatloaf with Brown Rice Added in recipe Mashed Sweet Potatoes And Carrots Fresh Fruit</p> <p>Homemade Banana Muffin (sweetened with apple sauce) Fresh Fruit</p>
<p>Week #3</p> <p>A.M. Snack</p> <p>Lunch</p> <p>P.M. Snack</p>	<p>Premium Plus Whole Wheat Crackers, Brick Cheese, Fresh Fruit</p> <p>Chicken & Broccoli (veg serving) With Whole Wheat Macaroni Noodles Casserole Mashed Squash Fresh Fruit</p> <p>Cereal Mix (Life Brand Cereal, Corn Bran, Oatmeal Bran and Multigrain Cheerios), Fresh Fruit</p>	<p>Toasted 12 Grain Bread with Wow Butter & Homemade Fresh Fruit Spread</p> <p>Baked White Basa Fish Peas 12 Grain Bread Garden Salad Fresh Fruit</p> <p>Fruit Corn Bread made with whole wheat flour Fresh Fruit</p>	<p>Whole Wheat Melba Toast, Cheese, Fresh Fruit</p> <p>Ground Beef Lasagna made with Whole Wheat Rotini Green Beans Fresh Fruit</p> <p>Homemade Frozen Fruit Yogurt on a Stick, Fresh Fruit</p>	<p>Whole Wheat Bagels, Fresh Fruit Salsa</p> <p>Sloppy Joes On Whole Wheat Buns Mashed Cauliflower Fresh Fruit</p> <p>Homemade Oatmeal Wow Butter Cookie, Fresh Fruit</p>	<p>Toasted Whole Wheat English Muffins with Homemade Fresh Fruit Spread Fresh Fruit</p> <p>Chicken with Spinach Fettuccini and Alfredo Sauce Corn Fresh Fruit</p> <p>Whole Wheat Crackers Brick Cheese Fresh Fruit</p>
<p>Week #4</p> <p>A.M. Snack</p> <p>Lunch</p> <p>P.M. Snack</p>	<p>Homemade Oatmeal with Apple sauce, Fresh Fruit</p> <p>Ground Beef Chili, Beans with veggie serving Whole Wheat Bun Fresh Fruit</p> <p>Apples with Honey and Wow Butter Dip Arrowroot Cookie</p>	<p>Fruit and Vegetable Smoothie (mango, banana and blueberries with milk)</p> <p>Chicken & Vegetable (vegetable serving) Lasagna made with Whole Wheat Penne Noodles, Caesar Salad Fresh Fruit</p> <p>Brick Cheese, Fresh Fruit with Yogurt Dip</p>	<p>Hard Boiled Eggs and 12 Grain Bread Toasted, Fresh Fruit</p> <p>Tuna Wraps (whole wheat tortilla shells) Roasted Cauliflower Soup Fresh Fruit</p> <p>Homemade Apple Hummus on Whole Wheat Crackers, Raw Veggies (cucumbers, grape tomatoes, peppers)</p>	<p>Shreddies Cereal with Milk, Fresh Fruit</p> <p>Baked Chicken Breast, Homemade Garlic Mashed White Potatoes, Corn Fresh Fruit</p> <p>Grated Veggie and Cheese wraps on whole Wheat tortilla shells, Fresh Fruit</p>	<p>Homemade Blueberry Pancakes made with whole wheat flour, Fresh Fruit</p> <p>Tomato & Vegetable Beef (vegetable serving) Noodle Soup Homemade 12 Grain Bread Croutons Fresh Fruit</p> <p>Zucchini Loaf made with whole wheat flour, Fresh Fruit</p>
<p>Week #5</p> <p>A.M. Snack</p> <p>Lunch</p> <p>P.M. Snack</p>	<p>Premium Plus Whole Wheat Cracker, Brick Cheese, Fresh Fruit</p> <p>Spaghetti with Meat Balls in Tomato Sauce Peas and Carrots Fresh Fruit</p> <p>Homemade Carrot Muffin (made with yogurt and whole wheat flour), Fresh Fruit</p>	<p>Toasted 12 Grain Bread with Wow Butter and Bananas slices</p> <p>Chicken and Rice Pilaf Whole Grain Rice Cooked Carrots Fresh Fruit</p> <p>Fruit Yogurt with Homemade Granola Fresh Fruit</p>	<p>Toasted Whole Wheat Fruit Bread Fresh Fruit</p> <p>Egg and Vegetable Omelet in Whole Wheat Tortilla wrap Corn Salad Fresh Fruit</p> <p>Baked Whole Wheat Bagel Chips, Raw Veggies (cauliflower, broccoli and carrots)</p>	<p>Cereal Mix (Life Brand; Quaker Oatmeal Squares, Multigrain Cheerios, Corn Bran) Fresh Fruit</p> <p>Tuna Melts on whole wheat English muffins Cooked Broccoli and Cauliflower Garden Salad Fresh Fruit</p> <p>Egg Salad Sandwich Fresh Fruit</p>	<p>Whole Wheat Crackers, Applesauce</p> <p>Grilled Sliced Brick Cheese Sandwiches on 12 Grain Bread Tomato Soup with Veggie (veg serving) Fresh Fruit</p> <p>Homemade Wow Butter Granola Bars Fresh Fruit</p>