

**Week One**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wed.</b>	<b>Thursday</b>	<b>Friday</b>
<b>BREAKFAST</b>	Cereal Fresh Fruit Milk	Whole wheat bagels Fresh Fruit Milk	Cereal Fresh Fruit Milk	Raisin Muffins Fresh Fruit Milk	Whole Wheat Pancakes Applesauce Milk
<b>LUNCH</b>	Red Beans Brown Rice Steamed Carrots Broccoli Fresh Fruit Milk	Soft Taco Beans Cheese Tomatoes Lettuce Apple Sauce Milk	Chicken Paprika Brown Rice Squash Fresh Fruit Milk	Spaghetti w/Ground Turkey & Veg Spaghetti Cheddar Cheese Green Beans Fresh Fruit Milk	Fish Sticks Brown Rice Corn Kernels Fresh Fruit Milk
<b>SNACK</b>	Wheat Crackers Fresh Fruit	Wheat Crackers Fresh Fruit Milk	Whole Wheat Bagels w/Cream Cheese Fresh Fruit	Wheat Crackers Vegetable Sticks or Cheese	Yogurt Fresh Fruit

Note: CKIC does not eat raw carrots or celery  
 Tofu & yams everyday to ITC (church)  
 Pinto beans, rice and tofu replace chicken & turkey for vegetarians