

Week Two					
	Monday	Tuesday	Wed.	Thursday	Friday
BREAKFAST	Raisins Muffins Fresh Fruit Milk	Scrambled Eggs Wheat Toast Fresh Fruit Milk	Whole Wheat Bagels Cream Cheese Fresh Fruit Milk	Cereal Fresh Fruit Milk	Whole Wheat Pancakes Applesauce Milk
LUNCH	Mac & Cheese Steamed Carrots Fresh Fruit Milk	Baked Chicken Thighs Red Potatoes Zucchini & Red Bell Peppers Fresh Fruit Whole Wheat Rolls Milk	Spaghetti w/Ground Turkey & Veg Spaghetti w/Cheddar Cheese Fresh Fruit Milk	Cheese Ravioli Green Beans Fresh Fruit Milk	Roast Turkey Mashed Potatoes Peas Whole Wheat Roll Applesauce Milk
SNACK	Wheat Crackers Vegetable Sticks or Cheese	Wheat Crackers Cheddar Cheese Cubes	Wheat Crackers Yogurt	Whole Wheat Bagels Fresh Fruit Milk	Whole Wheat Bagels w/Cream Cheese Fresh Fruit

Note: CKIC & ITC does not eat raw carrots or celery

Tofu & yams everyday to ITC (church)

Pinto beans, rice and tofu replace chicken & turkey for vegetarians