



JUST FOR KIDS - BREAKFAST AND SNACK MENU

Weeks of: Nov 5-9, Dec 3-7, Jan 7-11


MONDAY

<p>Breakfast</p> <p>Milk (8 oz), English Muffin (1/2), Margarine (1 Tbls), Applesauce (1)</p>	<p>Snack</p> <p>Carrots (1/4 c), Broccoli (1/4 c), Ritz (8), Hummus (2 Tbls)</p> 
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TUESDAY

<p>Breakfast</p> <p>Milk (8 oz), Cheerios (3/4 c), Banana (1/2)</p>	<p>Snack</p> <p>Baby Bell Cheese (1), Wheat Thins (1/2 c)</p> 
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WEDNESDAY

<p>Breakfast</p> <p>Milk (8 oz), Yogurt (1), Blueberries (1/2 c)</p> 	<p>Snack</p> <p>Banana Split: Banana (1/2), Yogurt (1), Cinnamon (1/3 Tsp), Special K with Berries (1/2 c)</p>
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THURSDAY


<p>Breakfast</p> <p>Milk (8 oz), English Muffin (1/2), Honey (1 Tbls), Banana (1/2)</p>	<p>Snack</p> <p>Ritz Crackers (8), Turkey (1 slice), Cheese (1 slice)</p>
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FRIDAY


<p>Breakfast</p> <p>Milk (8 oz), Cheerios (3/4 c), Peaches (1)</p>	<p>Snack</p> <p>Trail Mix: Cheerios (1/2 c), Popcorn (1/2 c), Raisins (1/4 c), Chocolate Chips (1 Tbls), Milk (1)</p>
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Weeks of: Nov 12-16, Dec 10-14, Jan 14-18


MONDAY

<p>Breakfast</p> <p>Milk (8 oz), Cheerios (3/4 c), Pears (1/2 c)</p>	<p>Snack</p> <p>Tortilla (1), Cream Cheese (1), Cinnamon (1/8 Tsp), Applesauce (1)</p> 
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TUESDAY

<p>Breakfast</p> <p>Milk (8 oz), Nutrigrain Bar (1), Applesauce (1)</p> 	<p>Snack</p> <p>English Muffin (1/2), Spaghetti Sauce (1 Tbls), Shredded Cheese (1 oz)</p>
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WEDNESDAY

<p>Breakfast</p> <p>Milk (8 oz), English Muffin (1/2), Sausage Patty (1), Juice Box (1)</p>	<p>Snack</p> <p>Berry Blast: Yogurt (1), Berry Blend (1/2 c), Special K with Berries (1/2 c)</p> 
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THURSDAY


<p>Breakfast</p> <p>Milk (8 oz), Cheerios (3/4 c), Peaches (1)</p>	<p>Snack</p> <p>Grapefruit Cup (1), Animal Crackers (1/2 c)</p>
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FRIDAY

<p>Breakfast</p> <p>Milk (8 oz), Waffle (1), Whipped Cream (1 Tbls), Applesauce (1)</p>	<p>Snack</p> <p>Tortilla Chips, Shredded Cheese (1 oz), Refried Beans (1/4 c), Salsa (1 Tbls)</p> 
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Weeks of: Nov 19-23, Dec 17-21, Jan 21-25


MONDAY

<p>Breakfast</p> <p>Milk (8 oz), Cheerios (3/4 c), Banana (1/2)</p> 	<p>Snack</p> <p>Baby Bell Cheese (1), Wheat Thins (1/2 c)</p>
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TUESDAY

<p>Breakfast</p> <p>Milk (8 oz), Yogurt (1), Blueberries (1/2 c)</p>	<p>Snack</p> <p>Banana Split: Banana (1/2), Yogurt (1), Cinnamon (1/3 Tsp), Special K with Berries (1/2 c)</p>
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WEDNESDAY

<p>Breakfast</p> <p>Milk (8 oz), English Muffin (1/2), Honey (1 Tbls), Banana (1/2)</p>	<p>Snack</p> <p>Ritz Crackers (8), Turkey (1 slice), Cheese (1 slice)</p> 
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THURSDAY


<p>Breakfast</p> <p>Milk (8 oz), Cheerios (3/4 c), Peaches (1)</p> 	<p>Snack</p> <p>Trail Mix: Cheerios (1/2 c), Popcorn (1/2 c), Raisins (1/4 c), Chocolate Chips (1 Tbls), Milk (1)</p>
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FRIDAY

<p>Breakfast</p> <p>Milk (8 oz), English Muffin (1/2), Margarine (1 Tbls), Applesauce (1)</p>	<p>Snack</p> <p>Carrots (1/4 c), Broccoli (1/4 c), Ritz (8), Hummus (2 Tbls)</p> 
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Weeks of: Nov 26-30, Dec 31-Jan 4, Jan 28-Feb 1


MONDAY

<p>Breakfast</p> <p>Milk (8 oz), Nutrigrain Bar (1), Applesauce (1)</p> 	<p>Snack</p> <p>English Muffin (1/2), Spaghetti Sauce (1 Tbls), Shredded Cheese (1 oz)</p>
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TUESDAY

<p>Breakfast</p> <p>Milk (8 oz), English Muffin (1/2), Sausage Patty (1), Juice Box (1)</p>	<p>Snack</p> <p>Berry Blast: Yogurt (1), Berry Blend (1/2 c), Special K with Berries (1/2 c)</p>
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WEDNESDAY

<p>Breakfast</p> <p>Milk (8 oz), Cheerios (3/4 c), Peaches (1)</p>	<p>Snack</p> <p>Grapefruit Cup (1), Animal Crackers (1/2 c)</p> 
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THURSDAY

<p>Breakfast</p> <p>Milk (8 oz), Waffle (1), Whipped Cream (1 Tbls), Applesauce (1)</p> 	<p>Snack</p> <p>Corn Chips, Shredded Cheese (1 oz), Refried Beans (1/4 c), Salsa (1 Tbls)</p>
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FRIDAY

<p>Breakfast</p> <p>Milk (8 oz), Cheerios (3/4 c), Pears (1/2 c)</p>	<p>Snack</p> <p>Tortilla (1), Cream Cheese (1), Cinnamon (1/8 Tsp), Applesauce (1)</p> 
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