



Weekly Menu- Crossings

WEEK 2: *Water is served with all snacks, unless otherwise posted

MONDAY

Breakfast: Milk, Cereal

Lunch: Breaded Sole, Rice, Vegetables, Milk

Snack: Fruit and Pretzels

TUESDAY

Breakfast: Waffles, Berries

Lunch: Barbecue Chicken, Roasted Potatoes, Steamed Vegetables, Bread & Butter, Milk

Snack: Bananas, Wow Butter wrap

WEDNESDAY

Breakfast: Muffins

Lunch: Spinach and Beef Casserole, Cottage Cheese, Vegetables, Milk

Snack: Tortilla chips, salsa, sour cream

THURSDAY

Breakfast: Energy Balls

Lunch: Sweet and Sour Stir Fry, Rice, Steamed Vegetables, Milk

Snack: Crackers, Garlic Sausage, Pickles

FRIDAY

Breakfast: Rice cakes with toppings (Jam, wow butter, honey)

Lunch: Shepherd's Pie, Bread & Butter, Milk

Snack: Apple slices, Graham Crackers