



Weekly Menu- Crossings

WEEK 3: *Water is served with all snacks, unless otherwise posted

MONDAY

Breakfast: Milk, Cereal

Lunch: Bacon Carbonara with broccoli, Milk

Snack: Vegetables and Ranch Dip, fish crackers

TUESDAY

Breakfast: Bagels with cream cheese

Lunch: Chili, Whole Wheat Buns, Cheddar Cheese, Cucumbers, Milk

Snack: Yogurt, Frozen Blueberries

WEDNESDAY

Breakfast: Toast and Fruit

Lunch: Sausage and Vegetable Hash, Milk

Snack: Pickles, Cheese and Crackers

THURSDAY

Breakfast: Rice cake with cream cheese, raisins

Lunch: Sweet and Sour Meatballs, Rice, Vegetables, Milk

Snack: Fish Crackers and Apple Sauce

FRIDAY

Breakfast: Yogurt and granola

Lunch: Chicken Vegetable Stir Fry, Egg Noodles, Milk

Snack: Nut Free Home-made Trail Mix