



Weekly Menu- Crossings

WEEK 1: *Water is served with all snacks, unless otherwise posted

MONDAY

Breakfast: Toast and Bananas

Lunch: Chicken A La King, Mashed Potatoes, Vegetables, Buns, Milk

Snack: Muffins, raisins

TUESDAY

Breakfast: Waffles, apple slices

Lunch: Cream of Chicken-Vegetable Soup, Bread, Milk

Snack: Frozen Blueberries, Graham Crackers

WEDNESDAY

Breakfast: Muffins, yogurt

Lunch: Sausages, Whole Wheat Perogies, Steamed Corn, Milk

Snack: Vegetables and Hummus, fish crackers

THURSDAY

Breakfast: Milk, Cereal

Lunch: Grilled Ham and Cheese Sandwiches, Creamy Tomato Soup, Raw Vegetables

Snack: Rice Cake with Toppings (Jam, wow butter, honey)

FRIDAY

Breakfast: Bagels and strawberry cream cheese

Lunch: Beef and macaroni casserole, peas\carrots, milk

Snack: Garlic Sausage, Cheese, Pickles



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



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



Weekly Menu- Crossings

WEEK 4: *Water is served with all snacks, unless otherwise posted

MONDAY

Breakfast: Energy Balls

**Lunch: Chicken Noodle Soup, Bread, Raw Vegetables,
Cheese, Milk**

Snack: Vegetables with Hummus, Soda Crackers

TUESDAY

Breakfast: Wow butter and banana roll ups

Lunch: Macaroni, Ham, Vegetable Casserole, Milk

Snack: Yogurt, Animal Crackers

WEDNESDAY

Breakfast: Cheerios, Milk

Lunch: Roast Beef, Mashed Potatoes, Gravy, Whole Wheat Rolls, Veggies, Milk

Snack: Yogurt, oatmeal cookies

THURSDAY

Breakfast: Toast and Fruit

Lunch: Fettuccini Alfredo with Chicken, Spinach and Peas, Milk

Snack: Tortilla chips, salsa, sour cream

FRIDAY

Breakfast: Breakfast cookie

Lunch: Spring rolls, rice and steamed vegetables, milk

Snack: Muffins, Raisins



Weekly Menu- Crossings

WEEK 5: *Water is served with all snacks, unless otherwise posted

MONDAY

Breakfast: Toast and Fruit
Lunch: Chicken Strips, Potato Fries, Vegetables, Milk
Snack: Apple Crumble, Milk

TUESDAY

Breakfast: Fruit salad, rice cakes
Lunch: Pizza Buns (ham, cheese, mushrooms, peppers), Milk
Snack: Frozen Blueberries, Fish Crackers

WEDNESDAY

Breakfast: Milk, Cereal
Lunch: Whole Grain Pancakes, Bacon, Fruit, Milk
Snack: Cheese, Crackers, Garlic Sausage, Pickles

THURSDAY

Breakfast: Waffles and Bananas
Lunch: Spaghetti w/ Meat Sauce, Steamed Vegetables, Milk
Snack: Fruit Salad, Graham Crackers

FRIDAY

Breakfast: Yogurt, Apple slices
Lunch: Lunch: Roasted Chicken, Mashed Potatoes, Gravy, Stuffing, Steamed Vegetables, Milk
Snack: Nut Free Home-made Trail Mix



Weekly Menu- Crossings

WEEK 6: *Water is served with all snacks, unless otherwise posted

MONDAY

Breakfast: Yogurt and berries

Lunch: Lasagne, Milk

Snack: Hummus, Vegetables, crackers

TUESDAY

Breakfast: Toast and Fruit

Lunch: Chicken Tortellini Soup, Vegetables, Milk

Snack: Apples and Pretzels

WEDNESDAY

Breakfast: Yogurt/Granola/Berry Parfait

Lunch: Whole Wheat Waffles, Seasonal Fruit, Bacon, Milk

Snack: Tortilla chips, salsa, sour cream

THURSDAY

Breakfast: Oatmeal cookies, Milk

Lunch: Pulled Pork Sandwiches on Whole Wheat Buns, Pickles, Milk

Snack: Muffins

FRIDAY

Breakfast: Apple Sauce, Waffles

Lunch: Chicken Parmesan, Egg Noodles, Vegetables, Milk

Snack: Energy Balls