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|  | **Breakfast** | **Snack 1** | **Lunch** | **Snack 2** | **Supper** | **Snack 3** |
| **Monday** | Oatmeal | Apples  with PB | Egg sandwiches  Chips & salsa | Granola bar | Hamburgers/ Grilled meat | Yogurt |
| **Tuesday** | Cereal | Dairy | Log cabin sandwiches  Raw veggies | Popsicle | Chicken | Banana |
| **Wednesday** | Eggs & toast | Veggie cups with Ranch | PB & J’s  Chips | Granola bar | Burritos/  Taco stacks | Yogurt |
| **Thursday** | Cereal | Apples  with PB | Leftovers/ soup | Baked | Kids’ Choice | Banana |
| **Friday** | Dutch babies | Popsicle | Tomato soup  Grilled cheese | Nut and dried fruit mix | Fries/ Chips  with a hot vegetable | Ice cream |
| **Saturday** | Cereal | Veggie cups with Ranch | Salads and  PB grahams  with milk | Baked | Pizza | X |
| **Sunday** | Cereal  or bagels | X | Pancakes  & eggs | X | Popcorn | X |