



## **CHILDREN'S COUNTRY CLUB** **MENU - WEEK 1**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>BREAKFAST</b>	Cheerios Bananas 2% Milk	Pop Tarts Apple slices 2% Milk	Ham & Egg English muffin Grapes 2% Milk	Pancakes & syrup Strawberries 2% Milk	Oatmeal Bananas 2% Milk
<b>AM SNACK</b>	Cottage cheese Mixed fruit* Water	Cheese sticks Wheat crackers Water	GoGurt Saltines Water	Pretzels Grapes Water	Graham crackers Cantaloupe Water
<b>LUNCH</b>	Turkey burger Mashed potatoes Peaches 2% Milk	Chicken w/mushroom soup Rice Carrot sticks Mixed fruit* 2% Milk	Fish sticks Corn tortilla Corn Applesauce 2% Milk	Tuna salad sandwich Pears Mixed veggies* 2% Milk	Pizza burger Sweet peas Pineapple Biscuits 2% Milk
<b>PM SNACK</b>	Pretzels Grapes Water	Animal crackers 2% Milk	Cheese sticks Wheat crackers Water	Sliced turkey Saltines Water	Flour tortilla Peanut butter Water
<b>DINNER</b>	Bean & Cheese burrito w/flour tortilla Pineapple Green beans 2% Milk	BBQ Chicken Cornbread Pears Peas 2% Milk	Spaghetti w/ meat sauce Peaches Mixed veggies* 2% Milk	Sloppy Joe on Bun (ground beef) Mashed potatoes Sliced apples 2% Milk	Red cheese enchiladas Corn tortillas Pinto beans Peaches 2% Milk

\*Mixed veggies = carrots, potatoes, celery, peas, corn, green beans, lima beans

\*Mixed fruit = peaches, pears, grapes, pineapple, cherries

We use 100% juice.

We do not discriminate based on race, color, national origin, sex, age, or disability.

**CHILDREN'S COUNTRY CLUB**  
**MENU - WEEK 2**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>BREAKFAST</b>	Cheerios Bananas 2% Milk	Pop Tarts Apple slices 2% Milk	Oatmeal Bananas 2% Milk	Bagel w/cream cheese Orange slices 2% Milk	Pancakes Applesauce 2% Milk
<b>AM SNACK</b>	Orange juice Graham crackers	Turkey & cheese Saltine crackers Water	Yogurt Mixed fruit* Water	Saltine crackers Vegetable juice	Animal Crackers GoGurt Water
<b>LUNCH</b>	Turkey meatloaf Orange slices Corn Bread 2% Milk	Soft taco w/turkey Lettuce, tomatoes Black beans Applesauce Corn tortilla 2% Milk	Chicken burrito Refried beans Cheese Peaches 2% Milk	Pork tenderloin Steamed carrots Applesauce Bread roll 2% Milk	Turkey, ham, & cheese sandwich (white bread) Lettuce, tomato Apple slices Peas 2% Milk
<b>PM SNACK</b>	Cheese crackers GoGurt Water	Flour tortilla Peanut butter Water	Pretzels 2% Milk	Wheat crackers Grapes Water	Graham crackers Cantaloupe
<b>DINNER</b>	Baked fish Pinto beans Peaches Wheat bread 2% Milk	Swiss steak French fries Pears Bread roll 2% Milk	Grilled ham & cheese White bread Sliced apples Mixed veggies* 2% Milk	Meatloaf (ground beef) Stuffing Green beans Pineapple 2% Milk	Steak cubes Mashed potatoes Corn Corn tortillas 2% Milk

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**CHILDREN'S COUNTRY CLUB**  
**MENU - WEEK 3**



	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>BREAKFAST</b>	Cheerios Bananas 2% Milk	Bagel w/cream cheese Applesauce 2% Milk	Pancakes w/syrup Strawberries 2% Milk	Oatmeal Bananas 2% Milk	Pop Tarts Orange slices 2% Milk
<b>AM SNACK</b>	Animal crackers 2% Milk	Cottage cheese Mixed fruit* Water	Cheese sticks Carrot sticks Water	Yogurt Graham crackers Water	Cheese chunks Bananas Water
<b>LUNCH</b>	Grilled cheese White bread Pears Mixed Veggies* 2% Milk	Roast beef sandwich Wheat bread Mashed potatoes Applesauce 2% Milk	Egg & cheese sandwich White bread Apple slices Green beans 2% Milk	Chicken breast sandwich Wheat bread Lettuce & tomato Carrot sticks Orange slices 2% Milk	Fish tacos Corn tortilla Lettuce, tomato Pinto beans Pears 2% Milk
<b>PM SNACK</b>	Pretzels Grapes Water	Saltine crackers Sliced turkey Water	Wheat crackers Vegetable juice	Animal crackers 2% Milk	Celery Peanut butter medley (rice crispies, raisins) Water
<b>DINNER</b>	Chicken nuggets Corn Peaches Wheat bread 2% Milk	Cheese enchiladas Pinto beans Mixed fruit* 2% Milk	Baked ham Applesauce Mixed veggies* Corn bread 2% Milk	Homemade macaroni Ham & Cheese Peaches Green beans 2% Milk	Cheese crisp Flour tortilla Refried beans Mixed fruit* 2% Milk

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## **CHILDREN'S COUNTRY CLUB** **MENU - WEEK 4**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>BREAKFAST</b>	Cheerios Bananas 2% Milk	Pancakes w/syrup Apple slices 2% Milk	Ham & Cheese English muffin Grapes 2% Milk	Bagel w/cream cheese Applesauce 2% Milk	Pop Tarts Orange slices 2% Milk
<b>AM SNACK</b>	Pretzels Peanut butter medley (rice crispies, raisins) Water	Graham crackers 2% Milk	Yogurt Wheat toast Water	Cheese sticks Orange slices Water	Crackers Turkey Water
<b>LUNCH</b>	Turkey & Cheese sandwich Wheat bread Lettuce, tomato Pears Mixed veggies* 2% Milk	Ham & Cheese burro (flour tortilla) Pinto beans Mixed fruit* 2% Milk	Spaghetti w/Ground turkey Bananas Corn 2% Milk	Baked chicken Mashed potatoes Mixed fruit* Flour tortilla 2% Milk	Peanut butter Cheese sticks Bread roll Green beans Peaches 2% Milk
<b>PM SNACK</b>	Cheese crackers Grapes Water	Peanut butter sandwich (white bread) Water	Saltine crackers Cheese slices Water	Animal crackers 2% Milk	Wheat crackers Cottage cheese Water
<b>DINNER</b>	Steak burrito Refried beans Flour tortilla Pears 2% Milk	Chili Mac (ground beef & macaroni) Peaches Carrot sticks 2% Milk	Ground beef soft taco Pineapple Corn tortillas 2% Milk	Hot turkey & cheese sandwich Lettuce, tomato Applesauce Pinto beans 2% Milk	Turkey breast roast Corn Mixed fruit* Cornbread 2% Milk

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