

MENU - 4

Western Heights Learning Center

Week of _____

Breakfast

Monday	French Toast – Fresh Fruit – Milk
Tuesday	Bagel w/ Cream Cheese – Fresh Fruit – Milk
Wednesday	Cereal – Fresh Fruit – Milk
Thursday	Tortilla w/ cheese – Fresh Fruit – Milk
Friday	Biscuit w/ Jelly – Fresh Fruit – Milk

Monday

LUNCH - Fish Sticks
Steamed Broccoli
Fresh Fruit
Italian Pasta
Milk
SNACK – Pears
Toast

Thursday

LUNCH – Barbeque Chicken
Corn on the Cob
Fresh Fruit
Rolls
Milk
SNACK – Cheese
Crackers

Tuesday

LUNCH – Spaghetti
Green Beans
Peaches
Breadsticks
Milk
SNACK – Graham Crackers
Milk



Wednesday

LUNCH – Stew
Mixed Vegetables
Fresh Fruit
Crackers
Milk
SNACK – Applesauce
Milk

Friday

LUNCH – Sloppy Joes
Potatoes
Asparagus
Fruit
Milk
SNACK – Gogurt
Grapes