

MENU – 2

Western Heights Learning Center

Week of _____

Breakfast

Monday	Bagel – Fresh Fruit - Milk
Tuesday	Sweet Rice – Fresh Fruit – Milk
Wednesday	French Toast – Fresh Fruit – Milk
Thursday	Croissants – Fresh Fruit – Milk
Friday	Cereal – Fresh Fruit – Milk

Monday

LUNCH - Chicken Nuggets
Asparagus
Fresh Fruit
Bread
Milk
SNACK – Cereal Bar
Milk

Thursday

LUNCH – Frito Pie
Pinto Beans
Fresh Fruit
Tortillas
Milk
SNACK – Gogurt
Grapes

Tuesday

LUNCH – Shepherd's Pie
Mashed Potatoes
Fresh Fruit
Bread
Milk
SNACK – Cheese
Apples



Wednesday

LUNCH – Grilled Cheese Sandwiches
Carrots/Celery
Peanut Butter Dip
Fresh Fruit
Milk
SNACK – Oatmeal Cookies
Milk

Friday

LUNCH – Porcupine Balls
Zucchini and corn
Fresh Fruit
Bread
Milk
SNACK – Goldfish Crackers
Juice