

# MENU - 7

## Western Heights Learning Center

### Week of \_\_\_\_\_

### Breakfast

Monday	Blueberry Muffins – Fresh Fruit – Milk
Tuesday	Cereal – Fresh Fruit – Milk
Wednesday	Malt-o-meal – Fresh Fruit – Milk
Thursday	Waffles – Fresh Fruit – Milk
Friday	Raisin Bread – Fresh Fruit – Milk

### Monday

<b>LUNCH – Beef Burritos</b>
<b>Potatoes</b>
<b>Fresh Fruit</b>
<b>Milk</b>
<b>SNACK</b>
<b>Peaches</b>
<b>Milk</b>

### Thursday

<b>LUNCH – Chef Salad</b>
<b>Ham &amp; Cheese</b>
<b>Fresh Fruit</b>
<b>Croutons</b>
<b>Milk</b>
<b>SNACK – Applesauce</b>
<b>Milk</b>

### Tuesday

<b>LUNCH – Baked Chicken</b>
<b>Coleslaw</b>
<b>Fresh Fruit</b>
<b>Dinner Rolls</b>
<b>Milk</b>
<b>SNACK – English Muffins</b>
<b>Juice</b>



### Wednesday

<b>LUNCH – Barbeque Beef Sandwiches</b>
<b>Tater Tots</b>
<b>Fresh Fruit</b>
<b>Milk</b>
<b>SNACK</b>
<b>Graham Crackers</b>
<b>Milk</b>

### Friday

<b>LUNCH - Egg Salad Sandwiches</b>
<b>Snow Peas</b>
<b>Fresh Fruit</b>
<b>Bread</b>
<b>Milk</b>
<b>SNACK – Cereal</b>
<b>Milk</b>