



# Country Children's Center



	Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4	5
LUNCH	Cheese & Bean Burrito with Roasted Corn and Honeydew	Mac & Cheese with Peas & Carrots and Oranges	Chicken & Vegetable Lo Mein with Watermelon	Chicken Fajitas with Tortillas, Red and Green Peppers, Corn Salad and Honeydew	Turkey & Cheese Wrap with Cucumbers and Cantaloupe
SNACK	Nut Free Trail Mix & Milk	Banana Muffins & Strawberry Applesauce	Mixed Berry & Yogurt Smoothie	Cheese & Crackers	Oatmeal Cookies & Milk
	8	9	10	11	12
LUNCH	Cheese Ravioli with Turkey Bolognese, Broccoli, Cauliflower & Carrots and Honeydew	Roasted Chicken and Veggie Rice with Cantaloupe	Cheese Quesadillas with Corn & Bean Salad and Watermelon	Roasted Chicken Gyro with Pita, Tzatziki, Chopped Romaine and Oranges	Pearl Pasta Salad with Mozzarella, Tomatoes & Cucumbers with Cantaloupe
SNACK	Animal Crackers & Milk	Yogurt & Granola	Dairy Free Smoothie	Black Bean Hummus & Pita	Blueberry Muffins & Milk
	15	16	17	18	19
LUNCH	All Beef Hot Dog on a Whole Wheat Bun with Roasted Corn and Honeydew	Turkey Joe on a Whole Wheat Bun with Peas & Carrots and Watermelon	Mac & Cheese with Roasted Broccoli, Cauliflower & Carrots and Oranges	Black Beans over Yellow Rice with Shredded Cheese, Corn, Pepper & Tomato Salsa and Honeydew	Chicken Vegetable Pasta with Honeydew
SNACK	Nut Free Trail Mix & Milk	Strawberry Muffins & Applesauce	Banana & Yogurt Smoothie	Cheese & Crackers	Oatmeal Cookies & Milk
	22	23	24	25	26
LUNCH	Fish Sticks with Veggie Rice and Honeydew	All Beef Burger on a Whole Wheat Hamburger Bun with Roasted Broccoli, Cauliflower & Carrots and Watermelon	Cheese & Bean Burrito with Corn Salad and Oranges	Cheese Quesadilla with Black Eye Pea, Cucumber & Tomato Salad and Honeydew	Chicken Salad on Whole Wheat Bread with Cucumbers and Cantaloupe
SNACK	Animal Crackers & Milk	Yogurt & Granola	Dairy Free Smoothie	Chickpea Hummus & Pita	Cranberry Orange Muffins & Milk
	29	30	31	1	2
LUNCH	Penne Pasta with Turkey Bolognese, Broccoli, Cauliflower & Carrots and Honeydew	BBQ Chicken Sandwich on a Whole Wheat Bun with Mixed Vegetables and Oranges	Mac & Cheese with Peas & Carrots and Watermelon	Turkey Joe on a Whole Wheat Bun with Mixed Vegetables and Honeydew	Turkey & Cheese Wrap with Cucumbers and Cantaloupe
SNACK	Nut Free Trail Mix & Milk	Carrot Muffins & Strawberry Applesauce	Mixed Berry, Banana & Yogurt Smoothie	Cheese & Crackers	Oatmeal Cookies & Milk