The Trike Stop

Menu Week 1

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| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Peach Crisp  (Baked Peaches w/ Graham Cracker & Oat Topping)  Organic Milk | Special-K Cereal  Oranges  Organic Milk | Blueberry Pancakes  Blueberries  Organic Milk | Peaches & Cream Oatmeal  Peach Slices  Organic Milk | English Muffins w/  Sun Butter Pears  Organic Milk |
| Lunch | Broccoli Alfredo with Organic Pasta  Fresh Seasonal Fruit  Organic Milk | Chicken Parmesan  (Diced Chicken, Marinara Sauce, Parmesan Cheese with Organic Pasta)  Green Beans  Fresh Seasonal Fruit  Organic Milk | Cheese, Broccoli & Ham Rice Bake  Fresh Seasonal Fruit  Organic Milk | BBQ chicken sandwiches on Brioche Buns  Fresh Seasonal Fruit  Peas  Organic Milk | Tofu Stir Fry  (Rice Noodles, Tofu, Broccoli, Sugar Snap Peas, Green Beans, Carrots, Mushrooms, Bell Peppers, Water Chestnuts, Onions and Stir Fry Sauce)  Fresh Seasonal Fruit  Organic Milk |
| Afternoon  Snack | Yogurt, Banana & Cheerio Parfaits  Water | Bagels with Cream Cheese  Strawberries  Water | Strawberry Banana Greek Yogurt Smoothies  Cheerios  Water | Breadsticks  w/ Marinara  Apple Slices  Water | Pita  Hummus  Cucumbers  Water |
| Evening  Snack  (this is a one serving snack) | Graham Crackers  Water | Blueberry That’s It Mini Fruit Bars  Water | Raspberries  Water | Aussie Bites  Water | Mandarin Oranges  Water |

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Menu Week 2

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|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Cheerios  Banana Slices  Organic Milk | Apple Crisp  (Baked Apples w/ Graham Cracker & Oat Topping)  Organic Milk | Biscuits W/ Jam  Raspberries  Organic Milk | Strawberry Oatmeal  Strawberries  Organic Milk | Sunflower Butter  Cheerio Bars  Bananas  Organic Milk |
| Lunch | Cheese Tortellini  w/ Greek Yogurt Basil Pesto Sauce & Broccoli topped with Parmesan Cheese  Fresh Seasonal Fruit  Organic Milk | Brown Gravy Meatballs over Enriched White Rice  Corn  Fresh Seasonal Fruit  Organic Milk | Ham & Cheese Finger Sandwiches w/ Mayo  Carrots w/ Ranch Fresh Seasonal Fruit  Organic Milk | Chicken Fried Rice  (Chicken, Peas, Carrots, Eggs, Enriched White Rice, Sesame Oil & Soy Sauce)  Fresh Seasonal Fruit  Organic Milk | Cheese Quesadillas  Black Bean & Corn Salsa  Fresh Seasonal Fruit  Organic Milk |
| Afternoon  Snack | Cottage Cheese  Peaches  Water | Soft Pretzels  Cheese Cubes  Water | Mango & Coconut Milk Smoothies  Blueberry Belvita Breakfast Biscuits  Water | Salami  Cantaloupe  Water | Dinner Rolls  Cheese Slices  Water |
| Evening  Snack  (this is a one serving snack) | Strawberry That’s It Mini Fruit Bars  Water | Applesauce Pouches  Water | Strawberries  Water | Pita Bread  Water | Raisins  Water |

The Trike Stop

Menu Week 3

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| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Whole Wheat Toast with Butter  Banana Slices  Organic Milk | Graham Crackers  Apple Slices  Sun Butter Dip  Organic Milk | Cinnamon Raisin Toast  Blackberries  Organic Milk | Triple Berry Oatmeal  (Blueberries, Raspberries, Blackberries)  Blueberries  Organic Milk | Dutch Baby Pancakes  Applesauce  Organic Milk |
| Lunch | Macaroni & Cheese  Broccoli  Fresh Seasonal Fruit  Organic Milk | Sesame & Soy Ground Pork & Green Beans  over Rice  Fresh Seasonal Fruit  Organic Milk | Bacon & Pea Pasta with Spaghetti Noodles  Fresh Seasonal Fruit  Organic Milk | Teriyaki Meatballs with Bell Peppers & Zucchini  Over Enriched White Rice  Fresh Seasonal Fruit  Organic Milk | Ritz Crackers  Ham Slices  Cheddar Cheese Slices  Carrots w/ Ranch  Fresh Seasonal Fruit  Organic Milk |
| Afternoon  Snack | Triple Berry & Oat Milk Smoothie  Graham Crackers  Water | Pepperoni  Ritz Crackers  Water | Apples  Yogurt Fruit Dip  Water | Hawaiian Rolls  Watermelon  Water | Canadian Bacon  English Muffins  Water |
| Evening  Snack  (this is a one serving snack) | Mango That’s It Mini Fruit Bars  Water | Cheerios  Water | Blueberries  Water | Sliced Cheese  Water | Craisins  Water |