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 CerealOrangesOrganic Milk | Blueberry PancakesBlueberriesOrganic Milk | Peaches & Cream OatmealPeach SlicesOrganic Milk | English Muffins w/ Sun ButterPearsOrganic Milk |
| Lunch | Broccoli Alfredo with Organic Pasta Fresh Seasonal FruitOrganic Milk | Chicken Parmesan (Diced Chicken, Marinara Sauce, Parmesan Cheese with Organic Pasta)Green BeansFresh Seasonal FruitOrganic Milk | Cheese, Broccoli & Ham Rice BakeFresh Seasonal FruitOrganic Milk | BBQ chicken sandwiches on Brioche BunsFresh Seasonal FruitPeasOrganic 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 FruitOrganic Milk |
| AfternoonSnack | Yogurt, Banana & Cheerio ParfaitsWater  | Bagels with Cream CheeseStrawberriesWater | Strawberry Banana Greek Yogurt SmoothiesCheeriosWater | Breadsticksw/ MarinaraApple SlicesWater | PitaHummusCucumbersWater |
| EveningSnack(this is a one serving snack) | Graham CrackersWater | Blueberry That’s It Mini Fruit BarsWater | RaspberriesWater | Aussie BitesWater | Mandarin OrangesWater |

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Menu Week 2

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| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | CheeriosBanana SlicesOrganic Milk | Apple Crisp(Baked Apples w/ Graham Cracker & Oat Topping)Organic Milk | Biscuits W/ JamRaspberriesOrganic Milk | Strawberry OatmealStrawberriesOrganic Milk | Sunflower Butter Cheerio Bars BananasOrganic Milk |
| Lunch | Cheese Tortellini w/ Greek Yogurt Basil Pesto Sauce & Broccoli topped with Parmesan CheeseFresh Seasonal FruitOrganic Milk | Brown Gravy Meatballs over Enriched White RiceCornFresh Seasonal FruitOrganic Milk | Ham & Cheese Finger Sandwiches w/ MayoCarrots w/ RanchFresh Seasonal FruitOrganic Milk |  Chicken Fried Rice(Chicken, Peas, Carrots, Eggs, Enriched White Rice, Sesame Oil & Soy Sauce)Fresh Seasonal FruitOrganic Milk | Cheese QuesadillasBlack Bean & Corn SalsaFresh Seasonal FruitOrganic Milk |
| AfternoonSnack | Cottage CheesePeachesWater | Soft PretzelsCheese CubesWater | Mango & Coconut Milk SmoothiesBlueberry Belvita Breakfast Biscuits Water | SalamiCantaloupe Water | Dinner RollsCheese SlicesWater |
| Evening Snack(this is a one serving snack) | Strawberry That’s It Mini Fruit BarsWater | Applesauce PouchesWater | StrawberriesWater | Pita BreadWater | RaisinsWater |

The Trike Stop

Menu Week 3

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| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Whole Wheat Toast with ButterBanana SlicesOrganic Milk | Graham CrackersApple SlicesSun Butter DipOrganic Milk | Cinnamon Raisin ToastBlackberriesOrganic Milk | Triple Berry Oatmeal(Blueberries, Raspberries, Blackberries)BlueberriesOrganic Milk | Dutch Baby PancakesApplesauceOrganic Milk |
| Lunch | Macaroni & CheeseBroccoliFresh Seasonal FruitOrganic Milk | Sesame & Soy Ground Pork & Green Beans over Rice Fresh Seasonal FruitOrganic Milk | Bacon & Pea Pasta with Spaghetti NoodlesFresh Seasonal FruitOrganic Milk | Teriyaki Meatballs with Bell Peppers & Zucchini Over Enriched White RiceFresh Seasonal FruitOrganic Milk | Ritz CrackersHam SlicesCheddar Cheese SlicesCarrots w/ RanchFresh Seasonal FruitOrganic Milk |
| AfternoonSnack | Triple Berry & Oat Milk SmoothieGraham CrackersWater | PepperoniRitz CrackersWater | ApplesYogurt Fruit DipWater | Hawaiian RollsWatermelonWater | Canadian BaconEnglish MuffinsWater |
| EveningSnack(this is a one serving snack) | Mango That’s It Mini Fruit BarsWater | CheeriosWater | BlueberriesWater | Sliced CheeseWater | CraisinsWater |