

New Dimensions Learning Center Menu

Week 5 (for months that have 5 Mondays)

	Food Group	Monday	Tuesday	Wednesday	Thurs	Friday
Bre akf ast	Milk Bread Fruit/Meat	Milk Cereal and Raisins	Milk French Toast Sticks Fresh Fruit	Milk Cereal and Raisins	Milk Muffins Fresh Fruit	Milk Cereal and Raisins
Lunch	<u>Entree</u> Milk Meat/ Bread Vegetable Vegetable/ Fruit	Milk Chicken and Rice Spinach Pineapples	Milk Beef Ravioli and Beef Chili Carrots Fresh Fruit	Milk Meat Balls and Mashed Potatoes Broccoli Apple Sauce	Milk Ground Beef and Rice Cauliflower Fresh Fruit	Milk Ham Sandwiches on Wheat Bread Mixed Vegetables Mixed Fruit
Sna ck	Fruit / Meat / Milk Bread	Filtered Water Fresh Seasonal Fruit / Crackers	100% Juice Snack Medley and Trail Mix	Filtered Water Fresh Seasonal Fruit / Crackers	100% Juice Cheez-its	Filtered Water Fresh Seasonal Fruit / Crackers
	Toddler Substi					