

The Trike Stop

Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Graham Crackers Sunflower Butter Dip Apple Slices Organic Milk	Cinnamon Spice Oatmeal Raisins Organic Milk	Apple Pie Oatmeal Bars Peaches Organic Milk	Whole Wheat Toast w/ Strawberry Jam Blackberries Organic Milk	Banana Muffins Bananas Organic Milk
Lunch	Biscuits & Sausage Gravy Mandarin Oranges Bananas Organic Milk	Chicken Burrito Bowls (Chicken, Black Beans, Enriched White Rice, Diced Tomatoes, Bell Peppers, Shredded Cheddar Cheese) Fresh Seasonal Fruit Organic Milk	Baked Beans with Ham Green Beans Dinner Rolls Fresh Seasonal Fruit Organic Milk	Ground Beef Sloppy Joes on a Brioche Bun Peas Fresh Seasonal Fruit Organic Milk	Chicken Lo Mein (Chicken, Carrots, Peas, Green Beans, Corn, Lima Beans, Spaghetti Noodles) Fresh Seasonal Fruit Organic Milk
Afternoon Snack	Yogurt Granola Water	Cheerios Organic Milk Water	Sunflower Butter & Strawberry Roll Ups Water	Cauliflower Homemade Ranch Dip Wheat Thins (Ritz for Infants & Ones) Water	Hard Boiled Eggs Club Crackers Water
Evening Snack (this is a one serving snack)	Fig Bars Water	Cinnamon Brown Sugar Belvita Breakfast Biscuits Water	Oat Bites Water	Strawberries Water	Pita Bread Water

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Menu Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cheerios Orange Slices Organic Milk	Brown Sugar Oatmeal Apple Slices Organic Milk	English Muffins W/ Vegan Butter Strawberries Organic Milk	Apple Cinnamon Roll Bake (Raisin Bread & Apple Pie Filling) Peaches Organic Milk	Sunflower Butter & Jelly Sandwiches on Whole Wheat Bread Raspberries Organic Milk
Lunch	Chicken Enchilada Casserole (Chicken, Corn Tortillas, Corn, Enchilada Sauce & Shredded Cheddar Cheese) Fresh Seasonal Fruit Organic Milk	Pizza Pasta (Ground Pork, Pepperoni, Bell Peppers, Pizza Sauce, Gemelli Noodles & Shredded Mozzarella Cheese) Fresh Seasonal Fruit Organic Milk	Chicken Ala King over Enriched White Rice (Chicken, Peas & Carrots in a Mushroom Cream Sauce) Fresh Seasonal Fruit Organic Milk	Cheese Tortellini Garlic Butter Cream Sauce Broccoli Fresh Seasonal Fruit Organic Milk	Yellow Chicken Curry (Chicken, Carrots, Potatoes, Coconut Curry Sauce) Over Enriched White Rice Fresh Seasonal Fruit Organic Milk
Afternoon Snack	Sunflower Butter Dip Banana Slices Water	Chicken Salad Saltine Crackers Water	Vanilla Yogurt Nilla Wafers Water	Carrots Homemade Ranch Dip Club Crackers Water	Hawaiian Rolls Ham Slices Water
Evening Snack (this is a one serving snack)	Nutrigrain Bars Water	Raisins Water	Raspberries Water	Blueberry BelVita Breakfast Biscuits Water	Aussie Bites Water

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Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Special-K Cereal Apple Slices Organic Milk	Peach Cobbler (Peaches w/ Bisquick Topping) Organic Milk	Strawberry Oatmeal Bars Blueberries Organic Milk	Bagels Cream Cheese Oranges Organic Milk	Pumpkin Pancakes Bananas Organic Milk
Lunch	Garlic Parmesan Chicken Penne Pasta with Spinach Fresh Seasonal Fruit Organic Milk	Spaghetti & Meatballs (Spaghetti Noodles, Meatballs, Prego Sauce & Parmesan Cheese) Green Beans Fresh Seasonal Fruit Organic Milk	Turkey, Cream Cheese, Cheddar Cheese, Cucumber & Lettuce Roll Ups Fresh Seasonal Fruit Organic Milk	Tater Tot Sausage Breakfast Casserole (Eggs, Sausage, Tater Tots, Bell Peppers, Bacon & Cheddar Cheese) Fresh Seasonal Fruit Organic Milk	Chicken Noodle Soup Casserole (Chicken, Casarecce Noodles, Carrots, Peas) Fresh Seasonal Fruit Organic Milk
Afternoon Snack	Tortilla Chips Refried Bean Dip Water	Applesauce Graham Crackers Water	Garlic Bread Sliced Apples Water	Egg Salad Ritz Crackers Water	String Cheese Goldfish Water
Evening Snack (this is a one serving snack)	Craisins Water	Seaweed Water	Blueberries Water	English Muffins Water	Z Bars Water