

The Trike Stop

Menu Week 1

	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

	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

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Menu Week 3

	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 Drip 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