



1111 Oakhurst Drive
 Charleston, WV 25314
 304-346-0431

Day of Week Week 3	Midmorning Snack	Lunch	Afternoon Snack
Monday	Fresh Apple Muffins Water	Ham or Turkey on Whole Wheat Bread Lettuce and tomatoes Veggie strips and dip Peaches Milk	Whole Grain Crackers Milk
Tuesday	French Toast Sticks w/ Syrup Orange Juice	Macaroni & Cheese Green Beans Pears Milk	Fruit Tray Variety/Dip Milk
Wednesday	Homemade Chex Mix Milk	Fish Sticks on Whole Grain Hot Dog Bun/Shredded lettuce Carrot Sticks French Fries Peaches Milk	Pudding 1/2 Banana Water
Thursday	Cinnamon Buttered Toast (optional) Grape Juice	Tacos w/ Cheese & Lettuce and Salsa Corn Available Fresh Fruit Milk	Jello Animal crackers Milk
Friday	Biscuits w/ Jelly Pineapple Juice	Chicken Nuggets Mashed Potatoes Bread & Butter Orange Slices Milk	Strawberries in Season Milk

Week 3

Week of _____

Change to Menu _____

Purpose of Change _____