



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

| Day of Week Week 4 | Midmorning Snack | Lunch | Afternoon Snack |
|-------------------------------|--|--|--|
| Monday | Whole Grain English Muffin w/ Jelly Water | Chicken and cheese Quesadilla Rice Green Pepper Strips Fresh fruit in season Milk | Wheat Thin Crackers Cheese Sticks Water |
| Tuesday | Whole Grain Waffles w/ Syrup Orange Juice | Homemade Cheese Pizza Slaw Applesauce Milk | No-bake Cookies Milk |
| Wednesday | Cereal Milk | Mini Corn Dogs Cauliflower/Broccoli/Carrots in Cheese Sauce Fresh Melon in Season Water | Fish Crackers Apple slices Milk |
| Thursday | Whole Grain Toast w/ Jelly Milk | Chicken Tenders Wild Rice Green Beans Pineapple Chunks Water | Veggies & Dip Milk |
| Friday | Rice Cakes Juice | Beef and cheese Nachos Corn Fruit in season Milk | Rice Krispy Treats Milk |

Week 4

Week of _____

Change to Menu _____
 Purpose of Change _____