



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 _____