

Week Three

	Monday	Tuesday	Wed.	Thursday	Friday
BREAKFAST	Cereal Fresh Fruit Milk	Scrambled Eggs w/Cheese Whole Wheat Toast Fresh Fruit Milk	Whole Wheat Bagels Cream/Cream Cheese Fresh Fruit Milk	Cereal Fresh Fruit Milk	Raisin Muffins Fresh Fruit Milk
	Cheese Ravioli Zucchini Corn Kernels Fresh Fruit Milk	Chicken Stir-Fry w/Carrots Broccoli Cabbage Brown Rice Fresh Fruit Milk	Red Beans & Brown rice Peas & Carrots Corn Bread Muffins Milk	Soft Taco Beans Cheese Tomatoes Lettuce Applesauce Milk	Spaghetti w/Turkey Veg. Spaghetti w/Cheddar Cheese Broccoli Fresh Fruit Milk
SNACK	Wheat Crackers Cream Cheese Fresh Fruit	Whole Wheat Bagels Fresh Fruit	Fresh Fruit Milk	Wheat Crackers Vegetable or Cheese Sticks	Yogurt Fresh Fruit

Note: CKIC & ITC does not eat raw carrots or celery

Tofu & yams everyday to ITC (church)

Pinto beans, rice and tofu replace chicken & turkey for vegetarians