

Sample Menu with Produce Pick Spotlight Recipes

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Scrambled eggs Hashbrowns	Milk Apple Wedges with Pumpkin Almond Butter WG toast	Milk Apple Slice Pancakes Strawberries	Milk Tuna Salad and Apples Apple slices	Milk Apple Spice Oatmeal blueberries
Lunch/ Supper	Milk Apple Grilled Cheese Waldorf Fruit Salad Jicama sticks WG bread	Milk Baked chicken breast Sweet Potato Apple Bake Green beans WG brown rice	Milk WG Peanut Butter and Apple Wraps Apple slices Carrot sticks Tortilla	Milk Pork Roast Mashed potatoes Broccoli WG dinner roll	Milk Apple & Chicken Salad Celery sticks Kiwi Wheat crackers
AM/PM Snack	Oatmeal Apple Muffins Watermelon spears Water	Red pepper sticks & Hummus Water	String cheese Grapes	Boiled egg Apple Sandwiches Water	Apple Sauce Graham crackers Water