

Carolina Prep Menu



Week 1

January 16 - 20
February 6 - 10
Feb. 27 - March 3
March 20 - 24
April 10 - 14
May 1 - 5
May 22 - 26

Week 2

January 23 - 27
February 13 - 17
March 6 - 10
March 27 - 31
April 17 - 21
May 8 - 12
May 29 - June 2

Week 1	Breakfast	Snack 1 (if needed)	Lunch	Vegetarian	Snack 2
Monday	Cereal, fresh fruit and milk	Graham crackers	Citrus grilled chicken, peas, fresh fruit and milk	Egg noodles, peas, fresh fruit and milk	Breadsticks and marinara sauce
Tuesday	Mini bagel with cream cheese, fresh fruit and milk	Cheez-its	Cheeseburger, baked beans, fresh fruit and milk	Veggie burger, baked beans, fresh fruit and milk	Cheese and wheat crackers
Wednesday	Yogurt, fresh fruit and milk	Fig Newtons	Tomato basil pasta, salad, fresh fruit and milk	Tomato basil pasta, salad, fresh fruit and milk	Tortilla chips and salsa
Thursday	French toast sticks, fresh fruit and milk	Vanilla wafers	Baked ham, scalloped potatoes, fresh fruit and milk	Cheese wrap, scalloped potatoes, fresh fruit and milk	Fresh fruit and vanilla wafers
Friday	Mini muffins, fresh fruit and milk	Ritz crackers	Macaroni and cheese, green beans, fresh fruit and milk	Macaroni and cheese, green beans, fresh fruit and milk	Carolina Prep snack mix

Week 2	Breakfast	Snack 1 (if needed)	Lunch	Vegetarian	Snack 2
Monday	Yogurt, fresh fruit and milk	Goldfish	Calabash chicken, mixed vegetables, fresh fruit and milk	Veggie burger, mixed vegetables, fresh fruit and milk	Applesauce and graham crackers
Tuesday	English muffins, fresh fruit and milk	Animal crackers	Hearty vegetable stew, mashed potatoes, fresh fruit and milk	Hearty vegetable stew, mashed potatoes, fresh fruit and milk	Tortilla chips and salsa
Wednesday	Cereal, fresh fruit and milk	Ritz crackers	Chicken and broccoli casserole, rice, fresh fruit and milk	Broccoli and rice casserole, fresh fruit and milk	Fresh fruit and pudding
Thursday	Turkey sausage, biscuits, fresh fruit and milk	Graham crackers	Meatloaf, corn, fresh fruit and milk	Black-eyed pea cakes, baked beans, fresh fruit and milk	Carrot sticks with ranch
Friday	Pancakes, fresh fruit and milk	Fig Newtons	Cheese wrap, tomato soup, fresh fruit and milk	Cheese wrap, tomato soup, fresh fruit and milk	Yogurt and granola

Week 3

January 30 - February 3

February 20 - 24

March 13 - 17

April 3 - 7

April 24 - 28

May 15 - 19

Week 3	Breakfast	Snack 1 (if needed)	Lunch	Vegetarian	Snack 2
Monday	Mini muffins, fresh fruit and milk	Fig Newtons	Chicken pot pie, rice, fresh fruit and milk	Veggie pot pie, rice, fresh fruit and milk	Breadsticks and marinara
Tuesday	Cereal, fresh fruit and milk	Graham crackers	Pot Roast, green beans, fresh fruit and milk	Veggie burger, green beans, fresh fruit and milk	Cheese and wheat crackers
Wednesday	Mini bagels with cream cheese, fresh fruit and milk	Vanilla wafers	Sloppy joes, salad, fresh fruit and milk	Cheese wrap, salad, fresh fruit and milk	Applesauce and graham crackers
Thursday	French toast sticks, fresh fruit and milk	Ritz crackers	Parmesan chicken, spaghetti, fresh fruit and milk	Spaghetti, fresh fruit and milk	Carrot sticks with ranch
Friday	Yogurt, fresh fruit and milk	Cheez-its	Baked potato soup, corn, fresh fruit and milk	Baked potato soup, corn, fresh fruit and milk	Carolina Prep snack mix