

# Carolina Prep Menu



## Week 1

June 5 - 9  
June 19 - 23  
July 5 - 7  
July 17 - 21  
July 31 - August 4  
August 14 - 18

## Week 2

June 12 - 16  
June 26 - 30  
July 10 - 14  
July 24 - 28  
August 7 - 11

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	Applesauce and graham crackers
Tuesday	Mini bagel with cream cheese, fresh fruit and milk	Cheez-its	Baked fish nuggets, corn, fresh fruit and milk	Black-eyed pea cakes, corn, fresh fruit and milk	Cheese and wheat crackers
Wednesday	Yogurt, fresh fruit and milk	Fig Newtons	Tacos, Spanish rice, fresh fruit and milk	Spanish rice and black beans, fresh fruit and milk	Tortilla chips and salsa
Thursday	French toast sticks, fresh fruit and milk	Vanilla wafers	Ham and cheese wrap, mashed potatoes, fresh fruit and milk	Cheese wrap, mashed 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	Pasta with meat sauce, salad, fresh fruit and milk	Pasta, salad, fresh fruit and milk	Applesauce and graham crackers
Tuesday	English muffins, fresh fruit and milk	Animal crackers	Baked chicken tenders, corn, fresh fruit and milk	Cheese wrap, corn, fresh fruit and milk	Tortilla chips and salsa
Wednesday	Cereal, fresh fruit and milk	Ritz crackers	Cheeseburger, scalloped potatoes, fresh fruit and milk	Veggie burger, scalloped potatoes, fresh fruit and milk	Fresh fruit and pudding
Thursday	Turkey sausage, biscuits, fresh fruit and milk	Graham crackers	Pork sliders, baked beans, fresh fruit and milk	Black-eyed pea cakes, baked beans, fresh fruit and milk	Mini muffins
Friday	Pancakes, fresh fruit and milk	Fig Newtons	Turkey and cheese wrap, rice, fresh fruit and milk	Cheese wrap, rice, fresh fruit and milk	Yogurt and granola