

Carolina Prep Menu



Week 1

August 21 - 25
September 11 - 15
October 2 - 6
October 23 - 27
November 13 - 17
December 4 - 8
January 1 - 5

Week 2

Aug. 28 - Sept. 1
September 18 - 22
October 9 - 13
Oct. 30 - Nov. 3
November 20 - 24
December 11 - 15
January 8 - 12

Week 1	Breakfast	Snack 1 (if needed)	Lunch	Vegetarian	Snack 2
Monday	Cereal, fresh fruit and milk	Graham crackers	Baked chicken nuggets, 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	Enchilada casserole, spanish rice, fresh fruit and milk	Enchilada casserole, spanish rice, fresh fruit and milk	Cheese and wheat crackers
Wednesday	Yogurt, fresh fruit and milk	Fig Newtons	Citrus grilled chicken, salad, fresh fruit and milk	Black-eyed pea cakes, salad, fresh fruit and milk	Tortilla chips and salsa
Thursday	French toast sticks, fresh fruit and milk	Vanilla wafers	Ham and potato casserole, carrots, fresh fruit and milk	Potato casserole, carrots, 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 with sauce, salad, fresh fruit and milk	Applesauce and graham crackers
Tuesday	English muffins, fresh fruit and milk	Animal crackers	Chicken pot pie, peas, fresh fruit and milk	Black-eyed pea cakes, peas, fresh fruit and milk	Tortilla chips and salsa
Wednesday	Cereal, fresh fruit and milk	Ritz crackers	Meatloaf, mashed potatoes, fresh fruit and milk	Veggie burger, mashed potatoes, fresh fruit and milk	Mini muffins
Thursday	Turkey sausage, biscuits, fresh fruit and milk	Graham crackers	BBQ pork sliders, baked beans, fresh fruit and milk	Black-eyed pea cakes, baked beans, fresh fruit and milk	Fresh fruit and pudding
Friday	Pancakes, fresh fruit and milk	Fig Newtons	Chili, corn, fresh fruit and milk	Vegetarian chili, corn, fresh fruit and milk	Yogurt and granola

Week 3

September 4 - 8
September 25 - 29
October 16 - 20
November 6 - 10
November 27 - December 1
December 18 - 22

Week 3	Breakfast	Snack 1 (if needed)	Lunch	Vegetarian	Snack 2
Monday	Mini muffins, fresh fruit and milk	Fig Newtons	Turkey with dressing and gravy, fresh fruit and milk	Dressing with gravy and rice, fresh fruit and milk	Breadsticks and marinara
Tuesday	Cereal, fresh fruit and milk	Graham crackers	Beef Stroganoff, mashed potatoes, green beans, fresh fruit and milk	Veggie Stroganoff, mashed potatoes, fresh fruit and milk	Cheese and wheat crackers
Wednesday	Mini bagels with cream cheese, fresh fruit and milk	Vanilla wafers	Lasagna, corn, fresh fruit and milk	Lasagna, corn, fresh fruit and milk	Applesauce and graham crackers
Thursday	French toast sticks, fresh fruit and milk	Ritz crackers	Grilled chicken, mixed vegetables, fresh fruit and milk	Cheese wrap, mixed vegetables, fresh fruit and milk	Fresh fruit and pudding
Friday	Yogurt, fresh fruit and milk	Cheez-its	Baked fish nuggets, carrots, fresh fruit and milk	Carrots and rice, fresh fruit and milk	Carolina Prep snack mix