

Carolina Prep Menu



Week 1

January 29 - February 2
February 19 - 23
March 12 - 16
April 2 - 6
April 23 - 27
May 14 - 18
June 4 - 8

Week 2

January 15 - 19
February 5 - 9
Feb. 26 - March 2
March 19 - 23
April 9 - 13
April 30 - May 4
May 21 - 25

| Week 1 | Breakfast | Snack 1 (if needed) | Lunch | Vegetarian | Snack 2 |
|-----------|--|------------------------|--|---|------------------------------|
| Monday | Cereal, fresh fruit & milk | Graham crackers | Chef's choice - chicken, rice, broccoli, fresh fruit & milk | General Tso's jackfruit over rice, fresh fruit & milk | Breadsticks & marinara sauce |
| Tuesday | Mini bagel with cream cheese, fresh fruit & milk | Cheez-its | Turkey burger, baked beans, fresh fruit & milk | Veggie burger, baked beans, fresh fruit & milk | Cheese & wheat crackers |
| Wednesday | Yogurt, fresh fruit & milk | Fig Newtons | Lasagna with meat sauce, green beans, garlic bread, fresh fruit & milk | Veggie lasagna, green beans, garlic bread, fresh fruit & milk | Tortilla chips & salsa |
| Thursday | French toast sticks, fresh fruit & milk | Vanilla wafers | Beef burritos, spanish rice, green beans, fresh fruit & milk | Bean & cheese burritos, green beans, fresh fruit & milk | Fresh fruit & pudding |
| Friday | Mini muffins, fresh fruit & milk | Ritz crackers | Chef's choice - beef, broccoli, mac 'n' cheese, roll, fresh fruit & milk | Mac 'n' cheese, broccoli, roll, fresh fruit & milk | Carolina Prep snack mix |

| Week 2 | Breakfast | Snack 1 (if needed) | Lunch | Vegetarian | Snack 2 |
|-----------|--|------------------------|--|--|------------------------------|
| Monday | Yogurt, fresh fruit & milk | Goldfish | Chef's choice - chicken, rice, broccoli, fresh fruit & milk | Veggie stir fry, rice, broccoli, fresh fruit & milk | Applesauce & graham crackers |
| Tuesday | English muffins, fresh fruit & milk | Animal crackers | Roasted pork loin, mashed potatoes, broccoli, fresh fruit & milk | Grilled veggies, mashed potatoes, fresh fruit & milk | Tortilla chips & salsa |
| Wednesday | Cereal, fresh fruit & milk | Ritz crackers | Cheeseburger, potato cakes, green beans, fresh fruit & milk | Veggie burger, potato cakes, green beans, fresh fruit & milk | Fresh fruit & vanilla wafers |
| Thursday | Turkey sausage, biscuits, fresh fruit & milk | Graham crackers | Spaghetti & meatballs, fresh fruit & milk | Spaghetti with veggie marinara, fresh fruit & milk | Mini muffins |
| Friday | Pancakes, fresh fruit & milk | Fig Newtons | Chef's choice - beef, peas, mac 'n' cheese, fresh fruit & milk | Mac 'n' cheese, peas, fresh fruit & milk | Yogurt & granola |

Week 3

January 22 - 26

February 12 - 16

March 5 - 9

March 26 - 30

April 16 - 20

May 7 - 11

May 28 - June 1

| Week 3 | Breakfast | Snack 1 (if needed) | Lunch | Vegetarian | Snack 2 |
|------------------|---|--------------------------------|--|---|------------------------------|
| Monday | Mini muffins, fresh fruit & milk | Fig Newtons | Chef's choice - chicken, rice, broccoli, fresh fruit & milk | Veggie stir fry, rice, broccoli, fresh fruit & milk | Breadsticks & marinara |
| Tuesday | Cereal, fresh fruit & milk | Graham crackers | BBQ pork sliders, mashed potatoes, broccoli, fresh fruit & milk | Veggie sliders, mashed potatoes, broccoli, fresh fruit & milk | Cheese & wheat crackers |
| Wednesday | Mini bagels with cream cheese, fresh fruit & milk | Vanilla wafers | Cheese pizza, peas, fresh fruit & milk | Cheese pizza, peas, fresh fruit & milk | Applesauce & graham crackers |
| Thursday | French toast sticks, fresh fruit & milk | Ritz crackers | Chicken enchiladas, rice, green beans, fresh fruit & milk | Bean & cheese enchiladas, rice, green beans, fresh fruit & milk | Fresh fruit & pudding |
| Friday | Yogurt, fresh fruit & milk | Cheez-its | Chef's choice - beef, broccoli, potato cakes, fresh fruit & milk | Jackfruit stroganoff over noodles, broccoli, fresh fruit & milk | Carolina Prep snack mix |