

# Carolina Prep Menu



## Week 1

August 6 - 10  
August 27 - 31  
September 17 - 21  
October 8 - 12  
Oct. 29 - Nov. 2  
November 19 - 23  
December 10 - 14

## Week 2

August 13 - 17  
September 3 - 7  
September 24 - 28  
October 15 - 19  
November 5 - 9  
November 26 - 30  
December 17 - 21

Week 1	Breakfast	Snack 1 (if needed)	Lunch	Vegetarian	Snack 2
Monday	Cereal, fresh fruit & milk	Graham crackers	Chef's choice - chicken, vegetable, starch, fresh fruit & milk	General Tso's jackfruit over rice, fresh fruit & milk	Mini bagels with cream cheese
Tuesday	English muffins, fresh fruit & milk	Cheez-its	Chicken filet sandwich, sweet potato fries, corn, fresh fruit & milk	Veggie burger, sweet potato fries, corn, 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	Chicken pot pie, garden salad w/ ranch, fresh fruit & milk	Bean & cheese burritos, garden salad w/ ranch, fresh fruit & milk	Fresh fruit & pudding
Friday	Mini muffins, fresh fruit & milk	Ritz crackers	Mac 'n' cheese, chef's choice vegetable, fresh fruit & milk	Mac 'n' cheese, chef's choice vegetable, 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, sauteed vegetables, fresh fruit & milk	Veggie stir fry, rice, fresh fruit & milk	Applesauce & graham crackers
Tuesday	Mini bagels with cream cheese, fresh fruit & milk	Animal crackers	Country style steak, mashed potatoes, peas, 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	Mac 'n' cheese, chef's choice vegetable, fresh fruit & milk	Mac 'n' cheese, chef's choice vegetable, fresh fruit & milk	Yogurt & granola

### Week 3

August 20 - 24  
September 10 - 14  
October 1 - 5  
October 22 - 26  
November 12 - 16  
December 3 - 7  
Dec. 31 - Jan. 4

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	Mini bagels with cream cheese
Tuesday	Cereal, fresh fruit & milk	Graham crackers	Beef enchiladas, yellow rice, sliced carrots w/ honey, fresh fruit & milk	Veggie sliders, yellow rice, sliced carrots w/ honey, fresh fruit & milk	Cheese & wheat crackers
Wednesday	English muffins, 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	Pot roast over rice, mixed vegetables, fresh fruit & milk	Bean & cheese enchiladas, rice, mixed vegetables, fresh fruit & milk	Fresh fruit & pudding
Friday	Yogurt, fresh fruit & milk	Cheez-its	Mac 'n' cheese, chef's choice vegetable, fresh fruit & milk	Mac 'n' cheese, chef's choice vegetable, fresh fruit & milk	Carolina Prep snack mix