

Carolina Prep Menu



Week 1

January 7 - 11
Jan. 28 - Feb. 1
February 18 - 22
March 11 - 15
April 1 - 5
April 22 - 26
May 13 - 17

Week 2

January 14 - 18
February 4 - 8
Feb. 25 - March 1
March 18 - 22
April 8 - 12
April 29 - May 3
May 20 - 24

Week 1	Breakfast	Snack 1 (if needed)	Lunch	Vegetarian	Snack 2
Monday	Cereal, fresh fruit and milk	Graham crackers	Chef's choice, fresh fruit and milk	Chef's choice, fresh fruit and milk	Mini bagels and cream cheese
Tuesday	Mini bagel with cream cheese, fresh fruit and milk	Cheez-its	Vegetable lasagna, peas, bread, fresh fruit and milk	Vegetable lasagna, peas, bread, fresh fruit and milk	Cheese and wheat crackers
Wednesday	Yogurt, fresh fruit and milk	Fig Newtons	Bean and cheese burrito, corn, fresh fruit and milk	Bean and cheese burrito, corn, fresh fruit and milk	Tortilla chips and salsa
Thursday	French toast sticks, fresh fruit and milk	Vanilla wafers	Country style steak, mixed veggies, rice, fresh fruit and milk	Jack fruit Tso, rice, fresh fruit and milk	Fresh fruit and pudding
Friday	Mini muffins, fresh fruit and milk	Ritz crackers	Cheese ravioli, green beans, fresh fruit and milk	Cheese ravioli, 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	Chef's choice, fresh fruit and milk	Chef's choice, fresh fruit and milk	Applesauce and graham crackers
Tuesday	English muffins, fresh fruit and milk	Animal crackers	Spaghetti and meatballs, peas, bread, fresh fruit and milk	Spaghetti, peas, bread, fresh fruit and milk	Tortilla chips and salsa
Wednesday	Cereal, fresh fruit and milk	Ritz crackers	Baked fish sticks, corn, tater tots, fresh fruit and milk	Veggie burger, corn, tater tots, fresh fruit and milk	Fresh fruit and vanilla wafers
Thursday	Turkey sausage, biscuits, fresh fruit and milk	Graham crackers	Chicken or beef veggie stir fry, fresh fruit and milk	Veggie stir fry, rice, fresh fruit and milk	Mini muffins
Friday	Pancakes, fresh fruit and milk	Fig Newtons	Macaroni and cheese, green beans, fresh fruit and milk	Macaroni and cheese, green beans, fresh fruit and milk	Yogurt and granola

Week 3

January 21 - 25

February 11 - 15

March 4 - 8

March 25 - 29

April 15 - 19

May 6 - 10

May 27 - 31

Week 3	Breakfast	Snack 1 (if needed)	Lunch	Vegetarian	Snack 2
Monday	Mini muffins, fresh fruit and milk	Fig Newtons	Chef's choice, fresh fruit and milk	Chef's choice, fresh fruit and milk	Mini bagels and cream cheese
Tuesday	Cereal, fresh fruit and milk	Graham crackers	Pepperoni pizza, peas, fresh fruit and milk	Cheese pizza, peas, fresh fruit and milk	Cheese and wheat crackers
Wednesday	English muffins, fresh fruit and milk	Vanilla wafers	Cheeseburger, corn, tater tots, fresh fruit and milk	Veggie burger, corn, tater tots, fresh fruit and milk	Applesauce and graham crackers
Thursday	French toast sticks, fresh fruit and milk	Ritz crackers	Caesar salad with chicken, bread sticks, fresh fruit and milk	Caesar salad, bread sticks, fresh fruit and milk	Fresh fruit and pudding
Friday	Yogurt, fresh fruit and milk	Cheez-its	Macaroni and cheese, green beans, fresh fruit and milk	Macaroni and cheese green beans, fresh fruit and milk	Carolina Prep snack mix