



# Carolina Prep Menu



## Week 1

June 24 - 28  
 July 15 - 19  
 August 5 - 9  
 August 26 - 30  
 September 16 - 20  
 October 7 - 11  
 Oct. 28 - Nov. 1

## Week 2

July 1 - 5  
 July 22 - 26  
 August 12 - 16  
 September 2 - 6  
 September 23 - 27  
 October 14 - 18  
 November 4 - 8

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	English muffins, fresh fruit and milk	Cheez-its	Vegetable lasagna, green beans, bread, fresh fruit and milk	Vegetable lasagna, green beans, 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	Baked chicken nuggets, carrots, saffron rice, fresh fruit and milk	Jack fruit Tso, carrots, saffron rice, fresh fruit and milk	Fresh fruit and pudding
Friday	Mini muffins, fresh fruit and milk	Ritz crackers	Cheese ravioli, peas, fresh fruit and milk	Cheese ravioli, peas, 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	Mini bagels with cream cheese, 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	Grilled chicken sandwich, carrots, tater tots, fresh fruit and milk	Cheesy breadsticks, carrots, 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, rice, 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

July 8 - 12  
July 29 - Aug. 2  
August 19 - 23  
September 9 - 13  
Sept. 30 - Oct. 4  
October 21 - 25  
November 11 - 15

<b>Week 3</b>	<b>Breakfast</b>	<b>Snack 1 (if needed)</b>	<b>Lunch</b>	<b>Vegetarian</b>	<b>Snack 2</b>
<b>Monday</b>	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
<b>Tuesday</b>	Cereal, fresh fruit and milk	Graham crackers	Cheese pizza, peas, fresh fruit and milk	Cheese pizza, peas, fresh fruit and milk	Cheese and wheat crackers
<b>Wednesday</b>	English muffins, fresh fruit and milk	Vanilla wafers	Cheeseburger, baked beans, tater tots, fresh fruit and milk	Veggie bean burger, baked beans, tater tots, fresh fruit and milk	Applesauce and graham crackers
<b>Thursday</b>	French toast sticks, fresh fruit and milk	Ritz crackers	Caesar salad with chicken, breadsticks, fresh fruit and milk	Caesar salad, breadsticks, fresh fruit and milk	Fresh fruit and pudding
<b>Friday</b>	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