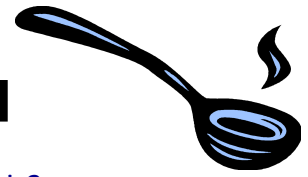


# Carolina Prep Menu



## Week 1

January 13 - 17  
February 3 - 7  
February 24 - 28  
March 16 - 20  
April 6 - 10  
April 27 - May 1  
May 18 - 22

## Week 2

January 20 - 24  
February 10 - 14  
March 2 - 6  
March 23 - 27  
April 13 - 17  
May 4 - 8  
May 25 - 29

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	Beef and bean chili, cornbread, fresh fruit and milk	Bean chili, cornbread, bread, fresh fruit and milk	Cheese and wheat crackers
Wednesday	Yogurt, fresh fruit and milk	Fig Newtons	Turkey, gravy, stuffing, carrots, fresh fruit and milk	Jack fruit, stuffing, carrots, fresh fruit and milk	Tortilla chips and salsa
Thursday	French toast sticks, fresh fruit and milk	Vanilla wafers	Baked chicken nuggets, mixed veggies, mashed sweet pot., fresh fruit and milk	Veggie sticks, mixed veggies, mashed sweet pot., fresh fruit and milk	Fresh fruit and pudding
Friday	Mini muffins, fresh fruit and milk	Ritz crackers	Chicken alfredo, peas, garlic bread, fresh fruit and milk	Alfredo, peas, garlic bread, 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	Meatloaf, mashed pot., green beans, fresh fruit and milk	Jack fruit, mashed pot., green beans, fresh fruit and milk	Tortilla chips and salsa
Wednesday	Cereal, fresh fruit and milk	Ritz crackers	Grilled chicken sandwich, green beans, tater tots, fresh fruit and milk	Veggie bean burger, green beans, tater tots, fresh fruit and milk	Fresh fruit and vanilla wafers
Thursday	Turkey sausage, biscuits, fresh fruit and milk	Graham crackers	Chicken 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, broccoli, fresh fruit and milk	Macaroni and cheese, broccoli, fresh fruit and milk	Yogurt and granola

### Week 3

January 27 - 31  
February 17 - 21  
March 9 - 13  
March 30 - April 3  
April 20 - 24  
May 11 - 15  
June 1 - 5

<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>	Yogurt, 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, salad, fresh fruit and milk	Cheese pizza, salad, fresh fruit and milk	Cheese and wheat crackers
<b>Wednesday</b>	English muffins, fresh fruit and milk	Vanilla wafers	Cheeseburger, tater tots, fresh fruit and milk	Veggie bean burger, tater tots, fresh fruit and milk	Applesauce and graham crackers
<b>Thursday</b>	French toast sticks, fresh fruit and milk	Ritz crackers	Chicken caesar salad, breadsticks, fresh fruit and milk	Caesar salad, breadsticks, fresh fruit and milk	Fresh fruit and pudding
<b>Friday</b>	Turkey sausage, biscuits, fresh fruit and milk	Cheez-its	Sloppy joe's, green beans, tater tots, fresh fruit and milk	Veggie burger, green beans, tater tots, fresh fruit and milk	Carolina Prep snack mix