



Carolina Prep Menu



Week 1

August 3 - 7
 August 24 - 28
 September 14 - 18
 October 5 - 9
 October 26 - 30
 November 16 - 20
 December 7 - 11

Week 2

August 10 - 14
 Aug. 31 - Sept. 4
 September 21 - 25
 October 12 - 16
 November 2 - 6
 November 23 - 27
 December 14 - 18

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	Baked fish sticks, corn, mashed potatoes, fresh fruit and milk	Veggie sticks, corn, mashed potatoes, fresh fruit and milk	Cheese and wheat crackers
Wednesday	Turkey sausage, biscuits, fresh fruit and milk	Fig Newtons	Grilled chicken sandwich, green beans, tater tots, fresh fruit and milk	Veggie bean burger, green beans, tater tots, fresh fruit and milk	Tortilla chips and salsa
Thursday	French toast sticks, fresh fruit and milk	Vanilla wafers	Chicken stir fry, rice, fresh fruit and milk	Veggie stir fry, rice, fresh fruit and milk	Fresh fruit and pudding
Friday	Mini muffins, fresh fruit and milk	Ritz crackers	Macaroni and cheese, broccoli, fresh fruit and milk	Macaroni and chesese, broccoli, fresh fruit and milk	Carolina Prep snack mix

Week 2	Breakfast	Snack 1 (if needed)	Lunch	Vegetarian	Snack 2
Monday	English muffins, 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	Cheese pizza, garden salad, fresh fruit and milk	Cheese pizza, garden salad, fresh fruit and milk	Tortilla chips and salsa
Wednesday	Cereal, fresh fruit and milk	Ritz crackers	Cheeseburger, 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 ceasar salad, breadsticks, fresh fruit and milk	Ceasar salad, breadsticks, fresh fruit and milk	Cheese and wheat crackers
Friday	Pancakes, fresh fruit and milk	Fig Newtons	Sloppy joe's, green beans, tater tots, fresh fruit and milk	Bean burger, green beans, tater tots, fresh fruit and milk	Mini muffins

Week 3

August 17 - 21
September 7 - 11
Sept. 28 - Oct. 2
October 19 - 23
November 9 - 13
Nov. 30 - Dec. 4
Dec. 28 - Jan. 1

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	Bean and cheese burrito, spanish rice, corn, fresh fruit and milk	Bean and cheese burrito, spanish rice, corn, fresh fruit and milk	Cheese and wheat crackers
Wednesday	English muffins, fresh fruit and milk	Vanilla wafers	BBQ chicken, mashed pot., green beans, fresh fruit and milk	Jack fruit, mashed potatoes, green beans, fresh fruit and milk	Applesauce and graham crackers
Thursday	French toast sticks, fresh fruit and milk	Ritz crackers	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	Turkey sausage biscuits, fresh fruit and milk	Cheez-its	Spaghetti and meatballs, peas, garlic bread, fresh fruit and milk	Spaghetti, peas, garlic bread, fresh fruit and milk	Carolina Prep snack mix