

Carolina Prep Menu



Week 1

January 4 - 8
February 1 - 5
March 1 - 5
March 29 - April 2
April 26 - 30
May 24 - 28

Week 2

January 11 - 15
February 8 - 12
March 8 - 12
April 5 - 9
May 3 - 7

Week 1	Breakfast	Snack 1 (if needed)	Lunch	Vegetarian	Snack 2
Monday	Cereal, fresh fruit and milk	Graham crackers	Baked chicken nuggets, carrots, peas, fresh fruit and milk	Chef's choice, carrots, peas, fresh fruit and milk	Mini bagels and cream cheese
Tuesday	English muffins, fresh fruit and milk and milk	Cheez-its	Vegetable lasagna, corn, garlic toast, fresh fruit and milk	Vegetable lasagna, corn, garlic toast, fresh fruit and milk	Cheese and wheat crackers
Wednesday	Turkey sausage, biscuits, fresh fruit and milk	Fig Newtons	Macaroni and cheese, broccoli slaw, fresh fruit and milk	Macaroni and cheese, broccoli slaw, fresh fruit and milk	Tortilla chips and salsa
Thursday	French toast sticks, fresh fruit and milk	Vanilla wafers	Meatloaf, mashed potatoes, mixed veggies, fresh fruit and milk	Veggie burger, mashed potatoes, mixed veggies, fresh fruit and milk	Fresh fruit and pudding
Friday	Mini muffins, fresh fruit and milk	Ritz crackers	Cheese pizza, green beans, fresh fruit and milk	Cheese pizza, green beans, 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	BBQ pulled chicken, baked beans, coleslaw, fresh fruit and milk	Chef's choice, baked beans, coleslaw, fresh fruit and milk	Applesauce and graham crackers
Tuesday	Mini bagels with cream cheese, fresh fruit and milk	Animal crackers	Chicken pot pie, peas, carrots, fresh fruit and milk	Veggie pot pie, peas, carrots, fresh fruit and milk	Tortilla chips and salsa
Wednesday	Cereal, fresh fruit and milk	Ritz crackers	Meatloaf, jasmine rice, mixed veggies, fresh fruit and milk	Bean burger, jasmine rice, mixed veggies, fresh fruit and milk	Fresh fruit and vanilla wafers
Thursday	Turkey sausage, biscuits, fresh fruit and milk	Graham crackers	Turkey and gravy, mashed potatoes, green beans, fresh fruit and milk	Veggie sticks, mashed potatoes, green beans, fresh fruit and milk	Cheese and wheat crackers
Friday	Pancakes, fresh fruit and milk	Fig Newtons	Cheese pizza sub, garden salad, fresh fruit and milk	Cheese pizza sub, garden salad, fresh fruit and milk	Mini muffins

Carolina Prep Menu



Week 3

January 18 - 22
February 15 - 19
March 15 - 19
April 12 - 16
May 10 - 14

Week 4

January 25 - 29
February 22 - 26
March 22 - 26
April 19 - 23
May 17 - 21

Week 3	Breakfast	Snack 1 (if needed)	Lunch	Vegetarian	Snack 2
Monday	Mini muffins, fresh fruit and milk	Graham crackers	Baked chicken nuggets, sweet tater tots, peas, fresh fruit and milk	Chef's choice, sweet tater tots, peas, fresh fruit and milk	Mini bagels and cream cheese
Tuesday	Cereal, fresh fruit and milk	Cheez-its	Chicken gyro, carrots, fresh fruit and milk	Veggie gyro, carrots, fresh fruit and milk	Cheese and wheat crackers
Wednesday	English muffins, fresh fruit and milk and milk	Fig Newtons	Macaroni and cheese, broccoli slaw, fresh fruit and milk	Macaroni and cheese, broccoli slaw, fresh fruit and milk	Applesauce and graham crackers
Thursday	French toast sticks, fresh fruit and milk	Vanilla wafers	Beef stir fry, brown rice, fresh fruit and milk	Veggie stir fry, brown rice, fresh fruit and milk	Fresh fruit and pudding
Friday	Turkey sausage, biscuits, fresh fruit and milk	Ritz crackers	Cheese quesadilla, corn, green beans, fresh fruit and milk	Cheese quesadilla, corn, green beans, fresh fruit and milk	Carolina Prep snack mix

Week 4	Breakfast	Snack 1 (if needed)	Lunch	Vegetarian	Snack 2
Monday	English muffins, fresh fruit and milk	Goldfish	Grilled cheese, veggie soup, roll, fresh fruit and milk	Grilled cheese, veggie soup, roll, fresh fruit and milk	Applesauce and graham crackers
Tuesday	Mini bagels with cream cheese, fresh fruit and milk	Animal crackers	Teriyaki beef, brown rice, mixed veggies, fresh fruit and milk	Bean burger, brown rice, mixed veggies, fresh fruit and milk	Tortilla chips and salsa
Wednesday	Cereal, fresh fruit and milk	Ritz crackers	Bean and cheese burrito, corn, green beans, fresh fruit and milk	Bean and cheese burrito, corn, green beans, fresh fruit and milk	Fresh fruit and vanilla wafers
Thursday	Turkey sausage, biscuits, fresh fruit and milk	Graham crackers	Spaghetti and meatballs, broccoli, garlic bread, fresh fruit and milk	Spaghetti, broccoli, garlic bread, fresh fruit and milk	Cheese and wheat crackers
Friday	Pancakes, fresh fruit and milk	Fig Newtons	Turkey burger, sweet tater tots, fresh fruit and milk	Veggie bean burger, sweet tater tots, fresh fruit and milk	Mini muffins