

Carolina Prep Menu



Week 1

January 3 - 7
Jan. 31 - Feb. 4
Feb. 28 - March 4
March 28 - April 1
April 25 - 29
May 23 - 27

Week 2

January 10 - 14
February 7 - 11
March 7 - 11
April 4 - 8
May 2 - 6
May 30 - June 3

Week 1	Breakfast	Snack 1 (if needed)	Lunch	Vegetarian	Snack 2
Monday	Cereal, Fresh Fruit and Milk	Graham Crackers	Chicken Strips, Mashed Potatoes, Peas, Fresh Fruit, and Milk	Breaded Vegan Strips, Mashed Potatoes, Peas, Fresh Fruit, and Milk	Mini Bagels and Cream Cheese
Tuesday	English Muffins, Fresh Fruit and Milk	Cheez-its	Rainbow Parmesan Pasta, Zucchini and Squash, Fresh Fruit, and Milk	Rainbow Parmesan Pasta, Zucchini and Squash, Fresh Fruit, and Milk	Cheese and Wheat Crackers
Wednesday	French Toast Sticks, Fresh Fruit and Milk	Fig Newtons	Bean and Cheese Burrito, Spanish Rice, Corn, Fresh Fruit, and Milk	Bean and Cheese Burrito, Spanish Rice, Corn, Fresh Fruit, and Milk	Tortilla Chips and Salsa
Thursday	Turkey Sausage, Biscuits, Fresh Fruit and Milk	Vanilla Wafers	Cheeseburger, Tater Tots, Cole Slaw, Fresh Fruit, and Milk	Veggie Burger, Tater Tots, Cole Slaw, Fresh Fruit, and Milk	Fresh Fruit and Pudding
Friday	Mini Muffins, Fresh Fruit and Milk	Ritz Crackers	Cheese Pizza Quesadilla, Vegetable Pasta Salad, Fresh Fruit,	Cheese Pizza Quesadilla, Vegetable Pasta Salad, Fresh Fruit,	Carolina Prep Snack Mix

Week 2	Breakfast	Snack 1 (if needed)	Lunch	Vegetarian	Snack 2
Monday	English Muffins, Fresh Fruit and Milk	Goldfish	BBQ Chicken, Sweet Potato Tots, Baked Beans, Fresh Fruit, and Milk	BBQ Jack Fruit, Sweet Potato Tots, Baked Beans, Fresh Fruit, and Milk	Applesauce and Graham Crackers
Tuesday	Mini Bagels with Cream Cheese, Fresh Fruit and Milk	Animal Crackers	Meat Lasagna, Mixed Veggies, Fresh Fruit, and Milk	Veggie Lasagna, Mixed Veggies, Fresh Fruit, and Milk	Tortilla Chips and Salsa
Wednesday	Cereal, Fresh Fruit and Milk	Ritz Crackers	Chicken Taquitos, Spanish Rice, Broccoli and Cheese, Fresh Fruit,	Boca Taquitos, Spanish Rice, Broccoli and Cheese, Fresh Fruit,	Fresh Fruit and Vanilla Wafers
Thursday	Turkey Sausage, Biscuits, Fresh Fruit and Milk	Graham Crackers	Turkey with Gravy, Dressing, Green Beans, Fresh Fruit, and Milk	Tofurky with Gravy, Dressing, Green Beans, Fresh Fruit, and Milk	Cheese and Wheat Crackers
Friday	Pancakes, Fresh Fruit and Milk	Fig Newtons	Cheese Pizza, Power Blend Slaw, Fresh Fruit, and Milk	Cheese Pizza, Power Blend Slaw, Fresh Fruit, and Milk	Mini Muffins

Week 3

January 17 - 21
 February 14 - 18
 March 14 - 18
 April 11 - 15
 May 9 - 13

Week 4

January 24 - 28
 February 21 - 25
 March 21 - 25
 April 18 - 22
 May 16 - 20

Week 3	Breakfast	Snack 1 (if needed)	Lunch	Vegetarian	Snack 2
Monday	Mini Muffins, Fresh Fruit and Milk	Graham Crackers	Baked Chicken Nuggets, Saffron Rice, Squash, Fresh Fruit, and Milk	Baked Vegan Nuggets, Saffron Rice, Squash, Fresh Fruit, and Milk	Mini Bagels and Cream Cheese
Tuesday	Cereal, Fresh Fruit and Milk	Cheez-its	Chicken Alfredo, Broccoli, Fresh Fruit, and Milk	Pasta Alfredo, Broccoli, Fresh Fruit, and Milk	Cheese and Wheat Crackers
Wednesday	English Muffins, Fresh Fruit and Milk	Fig Newtons	Beef and Cheese Tacos, Rice, Mixed Veggies, Fresh Fruit, and Milk	Boca Burger Tacos, Rice, Mixed Veggies, Fresh Fruit, and Milk	Applesauce and Graham Crackers
Thursday	French Toast Sticks, Fresh Fruit and Milk	Vanilla Wafers	Meatloaf, Mashed Potatoes, Green Beans, Fresh Fruit, and Milk	Veggie Loaf, Mashed Potatoes, Green Beans, Fresh Fruit, and Milk	Fresh Fruit and Pudding
Friday	Turkey Sausage, Biscuits, Fresh Fruit and Milk	Ritz Crackers	Cheese Pizza Sub, Corn, Fresh Fruit, and Milk	Cheese Pizza Sub, Corn, 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	Chicken Sandwich with Tomato, Tater Tots, Fresh Fruit, and Milk	Vegan Chicken Sandwich with Tomato, Tater Tots, Fresh Fruit, and Milk	Applesauce and Graham Crackers
Tuesday	Mini Bagels with Cream Cheese, Fresh Fruit and Milk	Animal Crackers	Chicken Sausage Ziti, Roasted Veggies, Fresh Fruit, and Milk	Veggie Ziti, Roasted Veggies, Fresh Fruit, and Milk	Tortilla Chips and Salsa
Wednesday	Cereal, Fresh Fruit and Milk	Ritz Crackers	Beef Fajitas, Spanish Rice, Carrots, Fresh Fruit, and Milk	Veggie Fajitas, Spanish Rice, Carrots, Fresh Fruit, and Milk	Fresh Fruit and Vanilla Wafers
Thursday	Turkey Sausage, Biscuits, Fresh Fruit and Milk	Graham Crackers	Macaroni and Cheese, Peas and Carrots, Fresh Fruit, and Milk	Macaroni and Cheese, Peas and Carrots, Fresh Fruit, and Milk	Cheese and Wheat Crackers
Friday	Pancakes, Fresh Fruit and Milk	Fig Newtons	Cheese Pizza, Power Blend Slaw, Fresh Fruit, and Milk	Cheese Pizza, Power Blend Slaw, Fresh Fruit, and Milk	Mini Muffins