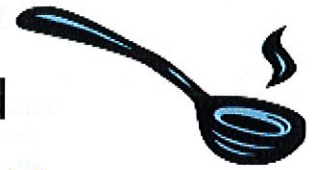


Carolina Prep Menu



Week 1

September 5 - 9
October 3 - 7
October 31 - November 4
November 28 - December 2

Week 2

September 9 - 16
October 10 - 14
November 7 - 11
December 5 - 9

Week 1	Breakfast	Snack 1 (if needed)	Lunch	Vegetarian	Snack 2
Monday	Cereal, Fresh Fruit and Milk	Graham Crackers	Meat Lasagna, Roasted Broccoli, Fresh Fruit and Milk	Vegetarian Lasagna, Roasted Broccoli, Fresh Fruit and Milk	Mini Bagels and Cream Cheese
Tuesday	English Muffins, Fresh Fruit and Milk	Cheez-its	Baked Chicken Sandwich, Fries, Power Slaw, Fresh Fruit and Milk	Baked Vegan Veggie Sandwich, Fries, Power Slaw, Fresh Fruit and Milk	Cheese and Wheat Crackers
Wednesday	French Toast Sticks, Fresh Fruit and Milk	Fig Newtons	Shredded Chicken Taquitos, Corn & Black Beans, Fresh Fruit and Milk	Shredded Boca Taquitos, Corn & Black Beans, Fresh Fruit and Milk	Tortilla Chips and Salsa
Thursday	Turkey Sausage, Biscuits, Fresh Fruit and Milk	Vanilla Wafers	Turkey and Gravy, Sweet Potato Casserole, Collard Greens, Fresh Fruit and Milk	Tofurkey and Gravy, Sweet Potato Casserole, Collard Greens, Fresh Fruit and Milk	Fresh Fruit and Pudding
Friday	Mini Muffins, Fresh Fruit and Milk	Ritz Crackers	Cheesy Beef Pizza Quesadilla, Peas & Carrots, Fresh Fruit and Milk	Cheesy Pizza Quesadilla, Peas & Carrots, 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	Aloha Chicken Over Rice, Mixed Vegetables, Fresh Fruit and Milk	Aloha Vegan Chicken Over Rice, Mixed Vegetables, Fresh Fruit and Milk	Applesauce and Graham Crackers
Tuesday	Mini Bagels with Cream Cheese, Fresh Fruit and Milk	Animal Crackers	Beef Soft Tacos, Black Beans, Brown Rice, Fresh Fruit and Milk	Boca Soft Tacos, Black Beans, Brown Rice, Fresh Fruit and Milk	Tortilla Chips and Salsa
Wednesday	Cereal, Fresh Fruit and Milk	Ritz Crackers	Baked Chicken Nuggets, Hashbrown Casserole, Green Beans, Fresh Fruit and Milk	Vegan Chicken Nuggets, Hashbrown Casserole, Green Beans, Fresh Fruit and Milk	Fresh Fruit and Vanilla Wafers
Thursday	Turkey Sausage, Biscuits, Fresh Fruit and Milk	Graham Crackers	Beef Meatloaf, Mashed Potatoes, Carrots, Fresh Fruit and Milk	Veggie Meatloaf, Mashed Potatoes, Carrots, Fresh Fruit and Milk	Cheese and Wheat Crackers
Friday	Pancakes, Fresh Fruit and Milk	Fig Newtons	French Bread Cheese Pizza, Corn, Pasta Salad, Fresh Fruit and Milk	French Bread Cheese Pizza, Corn, Pasta Salad, Fresh Fruit and Milk	Mini Muffins

Week 3

September 19 - 23
 October 17 - 21
 November 14 - 18
 December 12 - 16

Week 4

September 26 - 30
 October 24 - 28
 November 21 - 25
 December 19 - 23

Week 3	Breakfast	Snack 1 (if needed)	Lunch	Vegetarian	Snack 2
Monday	Mini Muffins, Fresh Fruit and Milk	Graham Crackers	Cheeseburger, Sweet Potato Tots, Power Slaw, Fresh Fruit and Milk	Vegan Burger, Sweet Potato Tots, Power Slaw, Fresh Fruit and Milk	Mini Bagels and Cream Cheese
Tuesday	Cereal, Fresh Fruit and Milk	Cheez-its	BBQ Pulled Chicken, Broccoli, Waffle Fries, Fresh Fruit and Milk	BBQ Jack Fruit, Broccoli, Waffle Fries, Fresh Fruit and Milk	Cheese and Wheat Crackers
Wednesday	English Muffins, Fresh Fruit and Milk	Fig Newtons	Chicken Tenders, Baked Beans, Mixed Veggies, Fruit and Milk	Vegan Chicken Tenders, Baked Beans, Mixed Veggies, Fruit and Milk	Applesauce and Graham Crackers
Thursday	French Toast Sticks, Fresh Fruit and Milk	Vanilla Wafers	Black Bean Burgers, Baked Hashbrown Patty, Carrots, Fresh Fruit and Milk	Black Bean Burgers, Baked Hashbrown Patty, Carrots, Fresh Fruit and Milk	Fresh Fruit and Pudding
Friday	Turkey Sausage, Biscuits, Fresh Fruit and Milk	Ritz Crackers	Pasta With Meat Sauce, Roasted Veggies, Fresh Fruit and Milk	Pasta With Marinara, Roasted Veggies, 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	Popcorn Chicken, Mashed Potatoes, Peas & Carrots, Fresh Fruit and Milk	Vegan Chicken Strips, Mashed Potatoes, Peas & Carrots, Fresh Fruit and Milk	Applesauce and Graham Crackers
Tuesday	Mini Bagels with Cream Cheese, Fresh Fruit and Milk	Animal Crackers	Beef 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
Wednesday	Cereal, Fresh Fruit and Milk	Ritz Crackers	Grilled Chicken Breast, 1/2 Baked Potato, Ratatouille, Fresh Fruit and Milk	Vegan Chicken Breast, 1/2 Baked Potato, Ratatouille, Fresh Fruit and Milk	Fresh Fruit and Vanilla Wafers
Thursday	Turkey Sausage, Biscuits, Fresh Fruit and Milk	Graham Crackers	Cheeseburger, Waffle Fries, Baked Beans, Fresh Fruit and Milk	Boca Burger, Waffle Fries, Baked Beans, Fresh Fruit and Milk	Cheese and Wheat Crackers
Friday	Pancakes, Fresh Fruit and Milk	Fig Newtons	French Bread Cheese Pizza, Broccoli, Pasta Salad, Fresh Fruit and Milk	French Bread Cheese Pizza, Broccoli, Pasta Salad, Fresh Fruit and Milk	Mini Muffins