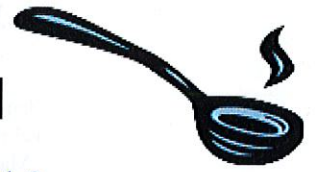


# Carolina Prep Menu



## Week 1

January 2 - 6  
Jan. 30 - Feb. 3  
Feb. 27 - March 3  
April 3 - 7  
May 1 - 5

## Week 2

January 9 - 13  
February 6 - 10  
March 6 - 10  
April 10 - 14  
May 8 - 12

Week 1	Breakfast	Snack 1 (if needed)	Lunch	Vegetarian	Snack 2
Monday	Cereal, Fresh Fruit and Milk	Graham Crackers	Chicken Nuggets, Mashed Potatoes, Vegetables, Fresh Fruit and Milk	Vegan Chicken Nuggets, Mashed Potatoes, Veggies, Fresh Fruit and Milk	Mini Bagels and Cream Cheese
Tuesday	English Muffins, Fresh Fruit and Milk	Cheez-its	Chicken Alfredo, Broccoli, Bread Sticks, Fresh Fruit and Milk	Vegan Chicken Alfredo, Broccoli, Bread Sticks, Fresh Fruit and Milk	Cheese and Wheat Crackers
Wednesday	French Toast Sticks, Fresh Fruit and Milk	Fig Newtons	Chicken Sandwich, SP Fries, Carrots, Fresh Fruit and Milk	Vegan Sandwich, SP Fries, Carrots, Fresh Fruit and Milk	Tortilla Chips and Salsa
Thursday	Turkey Sausage, Biscuits, Fresh Fruit and Milk	Vanilla Wafers	Bean & Cheese Burrito, Black Beans & Corn, Rice, Fresh Fruit and Milk	Bean & Cheese Burrito, Black Beans & Corn, Rice, Fresh Fruit and Milk	Fresh Fruit and Pudding
Friday	Mini Muffins, Fresh Fruit and Milk	Ritz Crackers	Cheese Pizza, Corn, Pasta Salad, Fresh Fruit and Milk	Cheese Pizza, Corn, Pasta Salad, 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	Chicken & Rice, Vegetable Blend, Fresh Fruit and Milk	Vegan Chicken & Rice, Vegetable Blend, Fresh Fruit and Milk	Applesauce and Graham Crackers
Tuesday	Mini Bagels with Cream Cheese, Fresh Fruit and Milk	Animal Crackers	Mac 'N' Cheese, Carrots, Power Slaw, Fresh Fruit and Milk	Mac 'N' Cheese, Carrots, Power Slaw, Fresh Fruit and Milk	Tortilla Chips and Salsa
Wednesday	Cereal, Fresh Fruit and Milk	Ritz Crackers	Cheeseburger, Peas, Tater Tots, Fresh Fruit and Milk	Boca Burger, Peas, Tater Tots, Fresh Fruit and Milk	Fresh Fruit and Vanilla Wafers
Thursday	Turkey Sausage, Biscuits, Fresh Fruit and Milk	Graham Crackers	Beef Tacos, Black Beans & Corn, Rice, Fresh Fruit and Milk	Boca Tacos, Black Beans & Corn, Rice, Fresh Fruit and Milk	Cheese and Wheat Crackers
Friday	Pancakes, Fresh Fruit and Milk	Fig Newtons	French Bread Cheese Pizza, Pasta Salad, Fresh Fruit and Milk	French Bread Cheese Pizza, Pasta Salad, Fresh Fruit and Milk	Mini Muffins

Week 3

January 16 - 20  
 February 13 - 17  
 March 20 - 24  
 April 17 - 21  
 May 15 - 19

Week 4

January 23 - 27  
 February 20 - 24  
 March 27 - 31  
 April 24 - 28  
 May 22 - 26

Week 3	Breakfast	Snack 1 (if needed)	Lunch	Vegetarian	Snack 2
Monday	Mini Muffins, Fresh Fruit and Milk	Graham Crackers	BBQ Chicken, Mashed Potatoes, Peas & Carrots, Fresh Fruit and Milk	Vegan BBQ Chicken, Mashed Potatoes, Peas & Carrots, Fresh Fruit and Milk	Mini Bagels and Cream Cheese
Tuesday	Cereal, Fresh Fruit and Milk	Cheez-its	Beef Lasagna, Broccoli, Bread Sticks, Fresh Fruit and Milk	Veggie Lasagna, Broccoli, Bread Sticks, Fresh Fruit and Milk	Cheese and Wheat Crackers
Wednesday	English Muffins, Fresh Fruit and Milk	Fig Newtons	Grilled Cheese, Tater Tots, Power Slaw, Fresh Fruit and Milk	Grilled Cheese, Tater Tots, Power Slaw, Fresh Fruit and Milk	Applesauce and Graham Crackers
Thursday	French Toast Sticks, Fresh Fruit and Milk	Vanilla Wafers	Turkey & Gravy, SP Casserole, Green Beans, Fresh Fruit and Milk	Tofurkey & Gravy, SP Casserole, Green Beans, Fresh Fruit and Milk	Fresh Fruit and Pudding
Friday	Turkey Sausage, Biscuits, Fresh Fruit and Milk	Ritz Crackers	Chicken Quesadilla, Rice, Refried Beans, Fresh Fruit and Milk	Cheese Quesadilla, Rice, Refried 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	Chicken Tenders, Mashed Potatoes, Green Beans, Fresh Fruit and Milk	Vegan Chicken Strips, Mashed Potatoes, Green Beans, Fresh Fruit and Milk	Applesauce and Graham Crackers
Tuesday	Mini Bagels with Cream Cheese, Fresh Fruit and Milk	Animal Crackers	Baked Ziti with Meat Sauce, Vegetable Blend, Fresh Fruit and Milk	Baked Ziti with Marinara, Vegetable Blend, Fresh Fruit and Milk	Tortilla Chips and Salsa
Wednesday	Cereal, Fresh Fruit and Milk	Ritz Crackers	Black Bean Burger, Fries, Corn, Fresh Fruit and Milk	Black Bean Burger, Fries, Corn, Fresh Fruit and Milk	Fresh Fruit and Vanilla Wafers
Thursday	Turkey Sausage, Biscuits, Fresh Fruit and Milk	Graham Crackers	Baked Fish Nuggets, Broccoli, Rice, Fresh Fruit and Milk	Baked Fish Nuggets, Broccoli, Rice, Fresh Fruit and Milk	Cheese and Wheat Crackers
Friday	Pancakes, Fresh Fruit and Milk	Fig Newtons	French Bread Cheese Pizza, Peas, Coleslaw, Fresh Fruit and Milk	French Bread Cheese Pizza, Peas, Coleslaw, Fresh Fruit and Milk	Mini Muffins