




Eastern Shore Early Learning

? = Recipe		Menu Five	Week of _____		
* = Whole Grain	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	Scrambled eggs & WW Toast*	Waffles	Healthy Oatmeal Raisin Muffin ?	Yogurt	Cereal (Kix/Rice Krispees/Chex/MG Cheerios)
Breakfast	Apples	Grapes	Blueberries	Berries	Banana
	1% Milk -Whole Milk IT	1% Milk -Whole Milk IT	1% Milk -Whole Milk IT	1% Milk -Whole Milk IT	1% Milk -Whole Milk IT
	WW English Muffin* Pizza? Peas	Chicken Enchaladas? In WW Tortilla's	Kid Friendly Meat-loaf? Mashed Potato, Peas & Carrots	Ham & Cheese on WW Bread* Peas	Meatball Sub on WW Roll* Green Beans
Lunch					
	Strawberries	Oranges	Apple Sauce	Peaches	Pears
	1% Milk -Whole Milk IT	1% Milk -Whole Milk IT	1% Milk -Whole Milk IT	1% Milk -Whole Milk IT	1% Milk -Whole Milk IT
	Graham Crackers	Whole Wheat Ritz-type crackers*	Cheese Puffs	Graham Crackers	Pretzels (WW if available*)
Snack	Yogurt	Pears	Strawberries	Yogurt	Apple
	Water	Water	Water	Water	Water