



Eastern Shore Early Learning

? = Recipe		Menu Four		Week of _____		
* = Whole Grain		<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	Applesauce Whole Wheat Muffin*?	Whole Grain Mini Bagel* with Cream Cheese	Pancakes	Sausage Muffin	Cereal (Kix/Rice Krispees/Chex/MG Cheerios)	
Breakfast	Bananas	Grapes	Apple Sauce	Peaches	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	
	Ham & Pineapple Bake *? Green Beans	Doraco's ? (Turkey, Lettuce, Tomato) Doritos	WW Pasta* Chicken Broccoli Alfredo? Grapes	Turkey and Cheese on WW Bread* Corn	Hamburger on Bun Baked Potato Slices	
Lunch	Pineapple	Apple Sauce	Grapes	Apples	Peaches	
	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	
	Cheese Cubes	Animal Crackers	WW crackers*	Rice Cakes	Wheat Thins*	
Snack	Grapes	Strawberries	Carrots with dip	Applesauce	Grapes	
	Water	Water	Water	Water	Water	