

# The Trike Stop

## Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cottage cheese Peaches Milk	Ancient grains granola Blueberries Milk	Sun butter & strawberry tortilla roll ups Milk	Dave's killer white bread with vegan butter cinnamon/organic sugar Apple slices Milk	Yogurt Strawberries/blueberries Milk
Lunch	Turkey, cream cheese & lettuce tortilla pinwheels Cucumbers Fresh seasonal fruit Milk	Teriyaki chicken Rice Broccoli Pineapple Milk	Zucchini & diced red potato medley with chicken apple sausage Dinner rolls Fresh seasonal fruit Milk	Ham cornbread Baked beans Corn Fresh seasonal fruit Milk	Panko chicken breast tenderloin cobb salad (lettuce, tomato, cucumber, ranch dressing) Garlic bread Fresh Seasonal fruit Milk
Afternoon Snack	Broccoli with ranch Club crackers Water	Three berry blend (raspberry, blackberry, blueberry) almond milk smoothies with cheerios	Toasted garlic pita bread Apple slices Water	Sweet potato fries Watermelon Water	Cheese slices Cucumbers Water
Evening Snack (this is a one serving snack)	Tortillas Water	Bananas Water	That's It bars Water	Blueberries Water	Craisins Water

# The Trike Stop

## Menu Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Dairy fruit smoothies (peaches, strawberries, honeydew, pineapple & blueberries) Graham crackers	Pancakes Cinnamon applesauce Milk	Mini bagels w/ strawberry preserves Oranges Milk	Cheerios Bananas Milk	Biscuits Vegan butter Apple slices Milk
Lunch	Sun butter & jelly sandwiches on Dave's 21 whole grains Bananas Oranges Milk	Potato, bell pepper & bacon hash English muffins Fresh seasonal fruit Milk	Barbeque chicken on a sandwich roll Corn Fresh seasonal fruit Milk	Chili with ground turkey, beans, tomatoes and bell peppers Cornbread Fresh seasonal fruit Milk	Macaroni & cheese Broccoli Fresh seasonal fruit Milk
Afternoon Snack	Strawberries & apples Vanilla cinnamon yogurt dip Water	Tomato, avocado, cucumber salsa Tortilla chips (Soft tortillas for >2) Water	Zucchini banana muffins Milk	Ham cubes Cantaloupe Water	Soft cheese breadsticks Marinara Pineapple Water
Evening Snack (this is a one serving snack)	Pita bread Water	Blackberries Water	Cucumbers Water	Raisins Water	Fig bars Water

The Trike Stop

## Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Strawberry oatmeal Mandarin oranges Milk	Vegan blackberry cobbler Milk	Life Cereal Strawberries Milk	English muffins Sun butter Apple slices Milk	Homemade applesauce bread Bananas Milk
Lunch	Bacon & pea pasta (organic spaghetti noodles, bacon, peas & olive oil) Fresh seasonal fruit Milk	Sesame tofu stir fry with rice noodles (Broccoli, green beans, bell peppers, onions, mushroom, pea pods & water chestnuts) Fresh seasonal fruit Milk	Blueberry pancakes Sausage Hash brown patties Oranges & bananas Milk	Turkey & veggie sandwiches on Dave's 21 whole grain bread with hummus (cucumbers, lettuce & tomato) Fresh seasonal fruit Milk	Ground beef pasta sauce over cheese tortellini Green beans Fresh seasonal fruit Milk
Afternoon Snack	Cheese quesadillas Salsa Water	Whole wheat toast Avocado Water	Pita bread Hummus Cucumbers Water	Pineapple, mango almond milk smoothies Graham crackers	Salami String cheese Water
Evening Snack (this is a one serving snack)	Applesauce pouch Water	Cheerios Water	Dried blueberries Water	Raspberries Water	Seaweed Water