

The Trike Stop

Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Oatmeal Topped with Bananas & Almond Butter Milk	Cheerios Banana Milk	Homemade Vegan Waffles Strawberries Milk	Hashbrowns w/ Bacon Oranges Milk	Applesauce Spice Muffins Apples Milk
Lunch	Chicken & Rice soup (Chicken, Chicken Broth, Brown Rice, Celery & Carrots) Fresh Seasonal Fruit Milk	Yellow Coconut Curry (Chicken, Potatoes & Carrots) Brown Rice Fresh Seasonal Fruit Milk	Toasted Pita Bread Hummus Carrots & Cucumbers Fresh Seasonal Fruit Milk	Parmesan Chicken Pasta Broccoli Fresh Seasonal Fruit Milk	Mini Bagels w/ Cream Cheese & Ham Slices Sugar Snap Peas Fresh Seasonal Fruit Milk
Afternoon Snack	Apple & Pears Sunflower Butter Fruit Dip Water	Homemade Pumpkin Seed Granola w/ Craisins (Oats, Honey, Vanilla, Pumpkin Seeds & craisins) Milk	English Muffin Cheese Melts Water	Oat Crunch Cheerios Milk	Vanilla Yogurt BelVita Breakfast Biscuit (Cinnamon / Brown Sugar) Water
Evening Snack (this is a one serving snack)	Apples Water	Pita Bread Water	Blueberries Water	Craisins Water	Bananas Water

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	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Diced Red Potatoes w/ Ham Oranges Milk	Pumpkin Bread Apples Milk	Applesauce French Toast Bananas Milk	Cinnamon Bagels Blueberries Milk	Life Cereal Strawberries Milk
Lunch	Fiesta Taco Rice Bake w/ Corn Fresh Seasonal Fruit Milk	Cheesy Ham Potato Bake Green Beans Fresh Seasonal Fruit Milk	Bacon, Lettuce & Tomato on Multigrain Sandwich Thins Fresh Seasonal Fruit Milk	Chicken Quesadillas Corn Fresh Seasonal Fruit Milk	Honey Sesame Chicken & Sugar Snap Peas Brown Rice Fresh Seasonal Fruit Milk
Afternoon Snack	Refried Beans w/ Salsa Tortilla Chips (Tortillas for Infants-Ones) Water	Homemade Applesauce Graham Crackers Water	Strawberry Peach Oat Milk Smoothies Cheerios Milk	Carrots & Cucumbers Homemade Greek Yogurt Ranch Dip Water	Soft Pretzels Ham Water
Evening Snack (this is a one serving snack)	Dried Figs Water	Tortillas Water	Blueberry BelVita Breakfast Biscuit Water	Raisins Water	English Muffins Water

Menu Week 2

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Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Raisin Oatmeal w/ Brown Sugar Sliced Apples Milk	Special-K Cereal Bananas Milk	Sun butter & jelly tortilla roll-ups Strawberries Milk	Cinnamon Raisin Toast Oranges Milk	Sausage English Muffins Oranges Milk
Lunch	Spaghetti (Ground Chicken, Organic Spaghetti Noodles & Spaghetti Sauce) Green Beans Fresh Seasonal Fruit Milk	Teriyaki Tofu & Broccoli over Brown Rice Fresh Seasonal Fruit Milk	Spanish Rice & Black Beans Corn Fresh Seasonal Fruit Milk	Sloppy Joes Sugar Snap Peas Fresh Seasonal Fruit Milk	Grilled Cheese Sandwich Tomato Basil Soup Carrots Fresh Seasonal Fruit Milk
Afternoon Snack	Green Pea Snap Crisps Avocado Dip Water	Wheat Thin Crackers Peaches Water	Toasted English Muffins w/ Vegan Butter Apples Water	Raspberry Banana Oat Milk Smoothies Graham Crackers Water	Pumpkin Spice Muffins Milk
Evening Snack (this is a one serving snack)	Dried Blueberries Water	Cucumbers Water	Blackberries Water	Strawberries Water	Soft Pretzels Water