

# The Trike Stop

## Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	English Muffins w/ Vegan Butter Mandarin Oranges Organic Milk	Oatmeal Raisins Organic Milk	Applesauce Bread Blackberries Organic Milk	Pancakes Blueberries Organic Milk	Life Cereal Peaches Organic Milk
Lunch	Chicken and Broccoli Casserole w/ Macaroni Noodles Fresh Seasonal Fruit Organic Milk	Chicken and Coconut Rice Cucumbers Fresh Seasonal Fruit Organic Milk	Enchilada Casserole (Flour tortillas layered with chicken, black beans, enchilada sauce & cheese) Corn Fresh Seasonal Fruit Organic Milk	Grilled Cheese Sandwich Tomato Soup Fresh Seasonal Fruit Organic Milk	Baked Ziti (Ground Pork, Zucchini, Bell Peppers, Prego sauce) Fresh Seasonal Fruit Organic Milk
Afternoon Snack	Wheat Thins (Ritz for infants & ones) Peaches Water	Club Crackers Cheese Slices Water	Apple Slices Whipped Sun Butter Dip Water	Carrots Yogurt Ranch Dip Water	Strawberry Banana Smoothies Cheerios Water
Evening Snack (this is a one serving snack)	Dried Blueberries Water	Cucumbers Water	Craisins Water	Blueberry Fig Bars Water	Strawberries Water

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Raisin Bread Watermelon Organic Milk	Special K Cereal Peaches Organic Milk	Blueberry Breakfast Bars Cantaloupe Organic Milk	Eggless Baked Cinnamon Sugar French Toast w/ Cream Cheese Bananas Organic Milk	Overnight Oatmeal w/ Almond Milk Apple Slices Organic Milk
Lunch	Tortilla Soup (Ground Turkey, Chicken Broth, Black Beans, Diced Tomatoes & Corn) Tortilla Chips Fresh Seasonal Fruit Organic Milk	Organic Brown Rice Ramen Noodles with Ground Pork Tossed in Soy Sauce & Sesame Oil Cucumbers Fresh Seasonal Fruit Organic Milk	Southwest Chicken Pasta (Chicken, Casarecce Noodles, Bell Peppers, Corn & Salsa) Fresh Seasonal Fruit Organic Milk	Teriyaki Ground Pork w/ Tofu & Broccoli Enriched Rice Fresh Seasonal Fruit Organic Milk	Italian Ground Beef Casserole (Gemelli Pasta, Ground Beef & Tomato Soup) Green Beans Fresh Seasonal Fruit Organic Milk
Afternoon Snack	Ritz Crackers Pepperoni Slices Water	Mixed Berry (Blackberry, Raspberry, Blueberry) Smoothie w/ Coconut Milk Graham Crackers Water	Cucumbers Yogurt Ranch Dip Water	Sun Butter & Jelly on Whole Grain Sandwich Thins Water	Pita Bread Hummus Water
Evening Snack (this is a one serving snack)	Raisins Water	Raspberry Fig Bars Water	Blueberries Water	Blueberry BelVita Breakfast Biscuit Water	Pineapple Water

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Menu Week 2

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## Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Vegan Peach Crisp Organic Milk	Bagels Oranges Organic Milk	Cheerios Blueberries Organic Milk	Orange Biscuits Orange Slices Organic Milk	Maple & Brown Sugar Oatmeal Sliced Apples Organic Milk
Lunch	Ham, Cheese & Hashbrown Casserole w/ Broccoli & Cream of Chicken Pita Bread Fresh Seasonal Fruit Organic Milk	Spanish (Spaghetti) Noodles w/ Green Beans, Ground Beef & Bacon Fresh Seasonal Fruit Organic Milk	Ground Chicken & Vegetable Blend (Broccoli, green beans, bell peppers, onion mushroom, snap peas & carrots) with Rotini Pasta & a Vegan Butter Sauce Fresh Seasonal Fruit Organic Milk	Chicken with Yellow Coconut Curry (Potatoes & Carrots) Over Enriched Rice Fresh Seasonal Fruit Organic Milk	Sloppy Joes on a Bun Broccoli Fresh Seasonal Fruit Organic Milk
Afternoon Snack	Pretzels (Tortillas for Infants & Ones) & Whipped Sun Butter Dip Water	Graham Crackers Applesauce Water	Strawberry Peach Oat Milk Smoothies Animal Crackers Water	Vanilla Yogurt BelVita Breakfast Biscuits (Cinnamon/Brown Sugar) Water	Cantaloupe Bagels Water
Evening Snack (this is a one serving snack)	Dried Plums Water	Soft Pretzels Water	Blackberries Water	Pita Bread Water	English Muffins Water