

The Trike Stop

Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Mango & Blueberry Smoothies with Organic Milk Cheerios	Pumpkin Muffins Made with organic pumpkin puree Raisins Organic Milk	Peach Cobbler w/ Oat & Graham Cracker Topping Organic Milk	Whole Wheat Buttermilk Pancakes Bananas Organic Milk	Fresh Made Cinnamon Raisin Bread Apples Organic Milk
Lunch	Macaroni & Cheese with Kosher Hot Dogs Corn Fresh Seasonal Fruit Organic Milk	Veggie Burger with Cheese on Brioche Bun English Cucumber Fresh Seasonal Fruit Organic Milk	Linguini Pasta with Turkey Bacon and Peas Fresh Seasonal Fruit Organic Milk	Chicken and Pasta with Alfredo Sauce Mixed Peas & Carrots Fresh Seasonal Fruit Organic Milk	Chicken Noodle Soup made with Organic Vegetables Saltine Crackers Fresh Seasonal Fruit Organic Milk
Afternoon Snack	Toasted Organic Focaccia Bread English Cucumbers Water	Whole Grain Goldfish Crackers Apples Water	Saltine Crackers Sliced Provolone Cheese Water	Baked Sweet Potato Fries Melon Water	Muesli Pears Water
Evening Snack (This is a one serving light snack)	Organic Apple Slices Water	Cheerios Water	Whole Grain Goldfish Crackers Water	Saltine Crackers Water	Raisins Water

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Menu Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Strawberry Banana Smoothies with Organic Milk Graham Crackers	Bran Muffins Raisins Organic Milk	Multi-grain Hot Cereal Apples Organic Milk	Life Cereal in Organic Milk Oranges Water	Yogurt, Banana and Cheerio Parfaits Water
Lunch	Chicken Fajitas w/ Cheese Wrapped in a Flour Tortilla Corn Fresh Seasonal Fruit Organic Milk	Beef Lasagna Peas Fresh Seasonal Fruit Organic Milk	Beef & Bean Soft Tacos English Cucumber Fresh Seasonal Fruit Organic Milk	Chicken, Brown Rice, Cheese and Broccoli Casserole Fresh Seasonal Fruit Organic Milk	Turkey Sandwiches on Whole Wheat Bread Green Beans Fresh Seasonal Fruit Organic Milk
Afternoon Snack	Pita Bread Hummus English Cucumber Water	Cottage Cheese Peaches Water	Snap Peas Cheddar Cheese Slices Water	Soft Pretzels Dried Cranberries Water	Whole Wheat Rolls Oranges Water
Evening Snack (This is a one serving light snack)	Muesli Water	Pita Bread Water	Graham Cracker Water	Snap Peas Water	Life Cereal Water

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Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Peach Smoothies with Organic Milk Cheerios Organic Milk	Cinnamon Spice Muffins Raisins Organic Milk	Organic Whole Grain Toast with Jam Apples Organic Milk	Scrambled Organic Brown Eggs with Ham and Cheese Sliced Tortilla Applesauce Organic Milk	Toasted Multi-grain English Muffins Dried Blueberries Water
Lunch	Spaghetti & Meatballs Peas and Carrots Fresh Seasonal Fruit Organic Milk	Taco Pasta with Ground Turkey Corn Fresh Seasonal Fruit Organic Milk	Chicken, Brown Rice & Mozzarella Wrapped in Tortilla Green Beans Fresh Seasonal Fruit Organic Milk	Cheese Ravioli Baked Red Potatoes Fresh Seasonal Fruit Organic Milk	Grilled Cheese on Organic Whole Grain Bread Tomato Soup Fresh Seasonal Fruit Organic Milk
Afternoon Snack	Sautéed Turkey Franks Ritz Crackers Water	Baked Brussels Sprouts Club Crackers Water	Mixed Berry & Organic Baby Spinach Smoothie Graham Crackers Water	Bagels Hass Avocado Water	Toasted Organic Sourdough Pears Water

Evening Snack (This is a one serving light snack)	Dried Cranberries Water	Cheerios Water	Club Crackers Water	Graham Crackers Water	Organic Apple Slices Water
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