

We Are The Future Academy, Inc Cycle Menu A

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Corn Flakes Bananas Milk	Cinnamon Raisin Bagels Cream cheese Milk	Blueberry Muffins Orange Wedges Milk	French Toast w/ syrup Seasonal Fresh Fruit Milk	Cheerios Apple Juice Milk
Lunch/ Supper	*Chicken Nuggets Barbecue Sauce Whole Wheat Bread Green Beans Fruit Cocktail Milk	*Ravioli Garlic Bread Green Peas Peaches Milk	Meatballs w/ gravy Rice Broccoli Apple Sauce Milk	Taco's Beef Corn Lettuce, Tomatoes, Cheese Milk	*Breaded Fish ketchup Baked Beans Biscuits Tropical Fruit Milk
PM Snack	Cheese Puffs Fruit Juice	Animal Crackers Milk	Pineapple Cheese Slices	Graham Cracker Milk	Go-gurt

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Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Orange Juice Frosted Flakes with 1/3 less sugar Milk	Waffles w/syrup Apple Slices Milk	Toast Eggs Pears Milk	Orange Slices Sausage Biscuits Milk	Chex Cereal Peaches Milk
Lunch/ Supper	Chicken Salad Slice Bread Tropical Fruit Celery Sticks Milk	Sloppy Joes Buns Sliced tomatoes and lettuce Low fat Ranch dressing Peaches Milk	BBQ Pork Rolls Pineapple Broccoli Milk	Lasagna Garlic Bread Tossed Salad (Lettuce, Tomato, Cucumber) Lowfat Ranch Dressing Fruit Cocktail Milk	Hot Dogs Buns Green Peas Applesauce Milk
Snack	Rice Krispie Treats Milk	Chex Mix Grape Juice	Pudding Flavored 4 oz. cup Vanilla Wafers	Graham Crackers Milk	Pretzels and Cheese

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Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Orange Juice Rice Krispies Milk	Pears Blueberry Muffin Milk	Orange Wedges French Toast <i>Syrup</i> Milk	Fruit mixed Bagel <i>Margarine</i> Milk	Apple Juice Cheerios Cereal Milk
Lunch/ Supper	Spaghetti with Meat Sauce Garlic Bread Broccoli Fruit Cocktail Milk	Salisbury Steak <i>Gravy</i> Rolls Cooked Carrots Mashed Potato Milk	Shepard's Pie (Meat, mixed veggies, mashed potatoes) Biscuits Tropical Fruit Milk	Chicken Quesadilla (Tortilla, cheese, chicken) Yellow Rice Peaches Milk	Turkey and Cheese Sliced Bread Chips Pineapple Tidbits Milk
Snack	Banana Milk	Vanilla Wafers Milk	Go-gurt Animal Crackers	Animal Crackers (1's) Popcorn Seasonal Fresh Fruit	Cheeze-It Crackers

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Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Chex Bananas Milk	Applesauce Cinnamon Toast Milk	Waffles <i>Syrup</i> Seasonal Fresh Fruit Milk	Grapes Toast <i>Margarine</i> Scrambled Eggs Milk	100% Berry Juice Mini Wheat Cereal Milk
Lunch/ Supper	Macaroni & Cheese Roll Broccoli Pineapple Tidbits Milk	Hamburgers on a Bun French Fries Baked Beans Peaches Milk	Turkey Roast Whole Wheat Roll Mashed Potatoes Green Beans Pears Milk	*Pizza Corn Green Salad (Romaine Lettuce, Tomato, Cucumber) <i>Lowfat Ranch Dressing</i> Milk	Fettuccini Alfredo with chicken Peas Garlic Bread Tropical Fruit Milk
Snack	Fresh Raw Veggies Ranch Dressing	Tortilla (Chips or soft pieces) Mild Salsa	Oatmeal Cookie Milk	Assorted Crackers Juice	Granola or Cereal Bar Milk