

|       | Wednesday  | Thursday  | Friday   |
|-------|--|---|--|
| 10:30 | Wheat bagel with Veggie cream cheese<br>Mixed vegetables<br>Banana<br>Apple Juice            | Cup of yogurt with granola<br>Honey and peanut butter on toast<br>Banana<br>Apple Juice                                     | Apples and Cheese Sandwich on wheat<br>Cup of fruit<br>Banana<br>Apple Juice                                       |
|       | ---  | ---   | ---  |
| 12:00 | Pasta with Meatballs and sauce<br>Wheat garlic bread<br>Cup of mixed nuts<br>Jell-O<br>Water | Grilled Chicken Wrap with honey mustard<br>with lettuce and tomatoes<br>Cup of trail mix<br>Oatmeal Raisin Cookies<br>Water | Hamburgers with lettuce, tomato,<br>avocados, pickles and a tossed salad<br>Cup of mixed nuts<br>Brownies<br>Water |
|       | ---  | ---   | ---  |
| 1:30  | Graham crackers with peanut butter<br>Cup of Trail Mix<br>Gatorade                           | Peanut butter and jelly sandwiches<br>Mixed fruit<br>Gatorade   | Wheat thins with vegetable dip<br>and mixed veggies<br>Gatorade  |