

## M.T.J.B. Sample MENU

<b>Week 1</b>				
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>

<i>MORNING SNACK</i>	YOGURT	CEREAL	CINNAMON	CEREAL	MUFFIN
			TOAST		
	MILK	MILK	MILK	MILK	MILK

<i>LUNCH</i>	BEEF SOUP	TUNA	HAM &	FETTUCINI	BEANS &
	NOODLES & VEGGIES	RICE	SCALLOPED POTATOES	CHICKEN	WEINERS
	ROLLS	MIXED VEGETABLES	GREEN BEANS	PEAS	CUCUMBERS
	ORANGES	PEARS	APPLES	MELON	BANANA
	MILK	MILK	MILK	MILK	MILK

<i>AFTERNOON SNACK</i>	CINNAMON LOAF	TRISCUIT PIZZA	APPLE SAUCE	COOKIES	CEREAL MIX
	APPLE SLICES	CHEESE/SAUCE	ARROWROOTS	FRESH FRUIT	
	WATER	WATER	WATER	WATER	WATER

## M.T.J.B. Sample MENU

<b>Week 2</b>						
		<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<i>MORNING SNACK</i>	CEREAL	WAFFLES	MELON CUBES	CEREAL	MUFFIN	
		APPLESAUCE	YOGURT			
	MILK		MILK	MILK	MILK	
<i>LUNCH</i>	MEATBALLS	TOMATO	TUNA NOODLE	CHICKEN	PIZZA	
	RICE	SOUP	CASSEROLE	MASHED POTOATES	CUCUMBER SLICES	
	GREEN BEANS	EGG	PEAS	CORN	PEARS	
	ORANGES	APPLES	MELON	PEARS	BANANA	
	MILK	MILK	MILK	MILK	MILK	
<i>AFTERNOON SNACK</i>	BAGELS	CHEESE	LOAF	PRETZELS, CHEESE	PUDDING	
	CREAM CHEESE	CRACKERS	FRESH FRUIT	CUCUMBERS	FRESH FRUIT	
	WATER	WATER	WATER	WATER	WATER	

## M.T.J.B. Sample MENU

<b>Week 3</b>				
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>

<i>MORNING SNACK</i>	CEREAL	TOAST	CEREAL	WAFFLES	MUFFINS
		JAM		APPLESAUCE	FRUIT
	MILK	MILK	MILK	MILK	MILK

<i>LUNCH</i>	SLOPPY JOES	QUICHE	TOMATO	CHICKEN	MACARONI &
	OVEN BAKED FRIES	CEASAR	BEAN SOUP	BROCCOLI	HAM
	GREEN BEANS	SALAD	WHOLE WHEAT BREAD	RICE CASSEROLE	PEAS
	APPLES	PEARS	ORANGES	MELON	BANANA
	MILK	MILK	MILK	MILK	MILK

<i>AFTERNOON SNACK</i>	CHEESE	MELON &	CEREAL MIX	HOMEMADE	NACHOS
	CRACKERS	YOGURT		GRANOLA BARS	SALSA
	WATER	WATER	WATER	WATER	WATER

## M.T.J.B. Sample MENU

Week 4						
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>MORNING SNACK</i>	CEREAL	CINNAMON	YOGURT	CEREAL	MUFFINS	
			ARROWROOTS			
	MILK	MILK	MILK	MILK	MILK	
<i>LUNCH</i>	CORN CHOWDER	CHICKEN	SPAGHETTI	CHILI	TUNA MELTS	
	HAM	SOUP	GREEN BEANS	NACHOS	VEG STICKS	
	ROLLS	ROLLS	W.W. BREAD	CUBED CHEESE	ORANGES	
	BANANA	APPLES	MELON	PEARS	W.W. BREAD	
	MILK	MILK	MILK	MILK		
<i>AFTERNOON SNACK</i>	APPLES SLICES	BANANA BREAD	EGG SLICES	OATMEAL COOKIES	VEGETABLE TRAY	
	CUBED CHEESE	FRUIT	W.W.CRACKERS	FRUIT	DIP	
					CRACKERS	
	WATER	WATER	WATER	WATER	WATER	