



**Menu 1**

# Spectrum Station

**Week of August 23-27**

|  | <b>Monday</b>  | <b>Tuesday</b>  | <b>Wednesday</b>  | <b>Thursday</b>  | <b>Friday</b>   |
|--|--|---|---|--|---|
| <b>Breakfast</b>                                   | ☆ Whole Grain Cereal<br>Pineapple<br>● Cold Milk                             | Bagel<br>● w/Cream Cheese<br>Diced Pears<br>● Cold Milk | ● ▲ Waffle w/ Syrup<br>Peaches<br>● Cold Milk                         | ● Fluffy Biscuit w/<br>Sweet Grape Jelly<br>Mandarin Oranges<br>● Cold Milk    | ☆ Whole Grain Cereal<br>Mixed Fruit<br>● Cold Milk                            |
| <b>AM Snack</b>                                    | ● Cheese It Crackers<br>Fruit Juice  | Pretzels<br>Fruit Juice                                 | Graham Crackers<br>Fruit Juice  | ▲ ● Vanilla Wafers<br>Fruit Juice  | Animal Crackers<br>Fruit Juice  |
| <b>Lunch</b>                                       | ● Taco Crunch<br>w/Lettuce and Cheese<br>Carrots<br>Pineapple<br>● Cold Milk | Chicken Nuggets<br>Rice<br>Peas<br>Pears<br>● Cold Milk | Chili Con Carne<br>Saltine Crackers<br>Corn<br>Peaches<br>● Cold Milk | ▲ ● Pasta Alfredo<br>w/ Chicken<br>Broccoli<br>Mandarin Oranges<br>● Cold Milk | ● ■ Ham and Cheese<br>Sandwich<br>Mixed Veggies<br>Mixed Fruit<br>● Cold Milk |
| <b>PM Snack</b>                                    | Raisins<br>Graham Crackers   | Oranges<br>▲ ● Vanilla Wafers                           | Raisins<br>Animal Crackers  | Saltine Crackers<br>● Cheese Slice   | Trail Mix<br>Raisins  |
| Allergy symbols: ● Milk ▲ Eggs ■ Pork ◆ Dye ☆ Oats |  |   |   |  |   |