

# SSA Menu Week One

## Menu for the 1st week of the Month



| Monday                                            | Tuesday                                            | Wednesday                                           | Thursday                                | Friday                                     |
|---------------------------------------------------|----------------------------------------------------|-----------------------------------------------------|-----------------------------------------|--------------------------------------------|
| Breakfast                                         | Breakfast                                          | Breakfast                                           | Breakfast                               | Breakfast                                  |
| Biscuits<br>Applesauce<br>Milk                    | Waffles<br>Peaches<br>Milk                         | Chocolate<br>Croissant<br>Banana<br>Milk            | Muffins<br>Apples<br>Milk               | Cereal<br>Raisins<br>Milk                  |
| Lunch                                             | Lunch                                              | Lunch                                               | Lunch                                   | Lunch                                      |
| Chicken Nuggets<br>Green Beans<br>Peaches<br>Milk | Meatballs/Pasta<br>Salad<br>Seasonal Fruit<br>Milk | Hamburger<br>Mashed Potatoes<br>Mixed Fruit<br>Milk | Sloppy Joe<br>Corn<br>Pineapple<br>Milk | Pizza<br>Carrots<br>Seasonal Fruit<br>Milk |
| Snack                                             | Snack                                              | Snack                                               | Snack                                   | Snack                                      |
| Cheez-Its<br>Water                                | Nilla wafers<br>Water                              | Cheese/Crackers<br>Water                            | Graham Crackers<br>Water                | Cheez-Its<br>Water                         |



# SSA Menu Week Two

## Menu for the 2nd week of the Month



| Monday                                        | Tuesday                                | Wednesday                                                             | Thursday                                            | Friday                                     |
|-----------------------------------------------|----------------------------------------|-----------------------------------------------------------------------|-----------------------------------------------------|--------------------------------------------|
| Breakfast                                     | Breakfast                              | Breakfast                                                             | Breakfast                                           | Breakfast                                  |
| Cereal<br>Raisins<br>Milk                     | French Toast<br>Seasonal Fruit<br>Milk | Potato<br>Pancakes<br>Applesauce<br>Milk                              | Muffins<br>Banana<br>Milk                           | Raisin Bread<br>Peaches<br>Milk            |
| Lunch                                         | Lunch                                  | Lunch                                                                 | Lunch                                               | Lunch                                      |
| Fish Sticks<br>Green Beans<br>Peaches<br>Milk | Ravioli<br>Salad<br>Pineapple<br>Milk  | Turkey / Cheese<br>Roll ups<br>French Fries<br>Seasonal Fruit<br>Milk | Turkey<br>Stroganoff<br>Corn<br>Mixed Fruit<br>Milk | Pizza<br>Carrots<br>Seasonal Fruit<br>Milk |
| Snack                                         | Snack                                  | Snack                                                                 | Snack                                               | Snack                                      |
| Cheez It's<br>Water                           | Graham Crackers<br>Water               | Cheese & Crackers<br>Water                                            | Nilla Wafers<br>Water                               | Chex Mix<br>Water                          |



# SSA Menu Week Three

## Menu for the 3rd week of the Month



| Monday                                           | Tuesday                                              | Wednesday                                     | Thursday                          | Friday                                     |
|--------------------------------------------------|------------------------------------------------------|-----------------------------------------------|-----------------------------------|--------------------------------------------|
| Breakfast                                        | Breakfast                                            | Breakfast                                     | Breakfast                         | Breakfast                                  |
| Waffles<br>Applesauce<br>Milk                    | Pancakes<br>Seasonal Fruit<br>Milk                   | Yogurt/Granola<br>Apples<br>Milk              | Cereal<br>Banana<br>Milk          | Muffins<br>Peaches<br>Milk                 |
| Lunch                                            | Lunch                                                | Lunch                                         | Lunch                             | Lunch                                      |
| Grilled Cheese<br>Green Beans<br>Peaches<br>Milk | Hamburgers<br>Mashed Potatoes<br>Mixed Fruit<br>Milk | Quesadillas<br>Corn<br>Seasonal Fruit<br>Milk | Chicken Pot Pie<br>Apples<br>Milk | Pizza<br>Carrots<br>Seasonal Fruit<br>Milk |
| Snack                                            | Snack                                                | Snack                                         | Snack                             | Snack                                      |
| Cheez It's<br>Water                              | Nilla Wafers<br>Water                                | Chex Mix<br>Water                             | Cheese & Crackers<br>Water        | Graham Crackers<br>Water                   |



# SSA Menu Week Four

## Menu for the 4th week of the Month



| Monday                                  | Tuesday                                           | Wednesday                                      | Thursday                           | Friday                                     |
|-----------------------------------------|---------------------------------------------------|------------------------------------------------|------------------------------------|--------------------------------------------|
| Breakfast                               | Breakfast                                         | Breakfast                                      | Breakfast                          | Breakfast                                  |
| Biscuits<br>Peaches<br>Milk             | Waffles<br>Applesauce<br>Milk                     | Oatmeal<br>Bananas<br>Milk                     | Cereal<br>Raisins<br>Milk          | Muffins<br>Seasonal Fruit<br>Milk          |
| Lunch                                   | Lunch                                             | Lunch                                          | Lunch                              | Lunch                                      |
| Ravioli<br>Salad<br>Mixed Fruit<br>Milk | Chicken Nuggets<br>Green Beans<br>Peaches<br>Milk | Mac & Cheese<br>Corn<br>Seasonal Fruit<br>Milk | Shepard's Pie<br>Pineapple<br>Milk | Pizza<br>Carrots<br>Seasonal Fruit<br>Milk |
| Snack                                   | Snack                                             | Snack                                          | Snack                              | Snack                                      |
| Nilla Wafers<br>Water                   | Cheex Mix<br>Water                                | Graham Crackers<br>Water                       | Cheez It's<br>Water                | Cheese & Crackers<br>Water                 |



# SSA Menu Week Five

## Menu for the 5th week of the Month



| Monday                                           | Tuesday                                                     | Wednesday                                      | Thursday                                    | Friday                                     |
|--------------------------------------------------|-------------------------------------------------------------|------------------------------------------------|---------------------------------------------|--------------------------------------------|
| Breakfast                                        | Breakfast                                                   | Breakfast                                      | Breakfast                                   | Breakfast                                  |
| Raisin Bread<br>Seasonal Fruit<br>Milk           | Muffins<br>Seasonal Fruit<br>Milk                           | English Muffins<br>with Jam<br>Peaches<br>Milk | Waffles<br>Bananas<br>Milk                  | Cereal<br>Seasonal Fruit<br>Milk           |
| Lunch                                            | Lunch                                                       | Lunch                                          | Lunch                                       | Lunch                                      |
| Grilled Cheese<br>Green Beans<br>Peaches<br>Milk | Turkey/Cheese<br>Roll ups<br>French Fries<br>Apples<br>Milk | Chicken Nuggets<br>Corn<br>Mixed Fruit<br>Milk | Alphabet Soup<br>Crackers<br>Apples<br>Milk | Pizza<br>Carrots<br>Seasonal Fruit<br>Milk |
| Snack                                            | Snack                                                       | Snack                                          | Snack                                       | Snack                                      |
| Chex Mix<br>Water                                | Nilla Wafers<br>Water                                       | Cheese & Crackers<br>Water                     | Graham Crackers<br>Water                    | Cheez It's<br>Water                        |

