



PHASE FAMILY

LEARNING CENTER

MONDAY

Breakfast:

Fresh Bananas, Whole Grain Cereal, Milk

Lunch:

Cheesy Chicken & Rice Casserole w/ Broccoli, Applesauce, Milk

Snack:

Fresh Orange Slices, Whole Grain Crackers

Late Snack: Chex Mix

TUESDAY

Breakfast:

Pancakes w/ Mixed Berry Compote, Milk

Lunch:

Turkey Meatball Pasta Bake, Steamed Green Beans, Orange Slices, Milk

Snack:

Whole Grain Crackers w/ Mixed Fruit

Late Snack: Apple Oat Bar

WEDNESDAY

Breakfast:

Roasted Turkey Sausage w/ Hashbrowns, Blueberries, Milk

Lunch:

Charbroiled Hamburger, Sweet Potato Fries, Fresh Pears, Milk

Snack:

Celery w/ Ranch, Peaches

Late Snack: Goldfish

THURSDAY

Breakfast:

Greek Yogurt Parfait w/ Fruit, Milk

Lunch:

Chicken & Vegetable Alfredo w/ Penne Pasta, Fruit Medley, Milk

Snack:

Whole Grain Animal Crackers & Pears

Late Snack: Veggie Straws

FRIDAY

Breakfast:

Toasted English Muffin w/ Apple Butter, Milk

Lunch:

Sloppy Joe on Whole Grain Bun, Broccoli, Mangoes, Milk

Snack:

Graham Crackers w/ Fresh Mixed Berries

Late Snack: Cheese Crackers

