



PHASE FAMILY

LEARNING CENTER

MONDAY

Breakfast: Cinnamon Toast Crunch & Fresh Summer Berries

Lunch: Cheesy Chicken, corn & Rice Casserole served with warmed Pita & Diced Cantalope

Afternoon Snack: Sliced Cucumbers with Ranch Dressing & Wheat Thins

PM Snack: Chex Mix

TUESDAY

Breakfast: Soft Waffles with Maple Syrup & Mandarin Oranges

Lunch: Three Cheese Ravioli with Basil Marinara. Steamed Green Beans & Fresh Watermelon

Afternoon Snack: Chocolate Chip Cookie & Berries

PM Snack: Apple Cinnamon Oat Bar

WEDNESDAY

Breakfast: Toasted Bagel with Whipped Cream Cheese & Strawberries

Lunch: Grilled Chicken Sandwich with Steamed Mixed Veggies & Fresh Raspberries

Afternoon Snack: Vanilla Pudding with Nilla wafers and Berries

PM Snack: Gold Fish

THURSDAY

Breakfast: Greek Vanilla Yogurt & Fresh Summer Berries

Lunch: Grilled Cheese Dippers with Basil Tomato Soup & Fresh Sliced Peaches

Afternoon Snack: Gold Fish with Apple Sauce

PM Snack: Veggie Straws

FRIDAY

Breakfast: Fluffy French Toast Sticks with Maple Syrup and Mango

Lunch: Pizza & Salad with Ranch and Cantelope

Afternoon Snack: Blueberry Muffin & Strawberries

PM Snack: Chips & Salsa

