

# Menu

Butterflies and Beyond strictly follows the USDA guidelines. Our full-time cook prepares breakfast , lunch and snack fresh every day. We serve several fresh fruits every week and other fruits in unsweetened or natural juices.

## WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Oatmeal Cinnamon Apples Milk	Banana/Nut Muffin Peaches Milk	Biscuit & Jelly Pears in juice Milk	Graham Crackers Fresh Plums Milk	Rice Chex Apple Juice Milk
Turkey Roast Rolls Mashed Potatoes Cranberry Sauce Milk	Meatball Stew Rice Buttered Carrots Fruit Cocktail Milk	Chicken/Sausage Jambalaya w/Rice Peas Apricots Milk	Spaghettii & Meat Sauce Green Beans Mandarin Oranges Milk	Grilled Cheese Sandwiches Baked Beans Beets Milk
Tangelos (Mandarins) Milk	Chex Mix Apple Juice	Canteloupe Milk	Cucumbers Milk	Cornbread Apple Juice

## WEEK 2

Grits Apricots Milk	Blueberry Muffins Cinnamon Apples Milk	Pancakes & Syrup Peaches Milk	Bread & jelly Applesauce Milk	Corn Chex Raisins Milk
Meatloaf Rolls Mashed Potatoes Peas Milk	BBQ Pork on Buns Black-eye Peas Pineapple Milk	Beef & Vegy Soup Whole Wheat Crackers Pears Milk	Baked Chicken Rice Green Beans Fruit Cocktail Milk	Fish Patties Mac 'n Cheese Carrots Corn Milk
Bananas Milk	Pretzels Apple Juice	Honeydew Melon Milk	Oranges Wedges (Mandarins) Milk	Bean Burrito Apple Juice

## WEEK 3

Oatmeal Mandarin Oranges Milk	Poppyseed Muffins Fresh Nectarines Milk	Biscuit 'n Jelly Pineapple Milk	Raisin Bread Bananas Milk	Cheerios Apple Juice Milk
Chicken Nuggets Macaroni Sliced Carrots Applesauce Milk	Chili Corn Chips Sweet Peas Pears Milk	Chicken/Sausage Gumbo over Rice Green Beans Potato Salad Milk	Hamburgers on Buns Peaches Cream Corn Milk	Tuna Salad Sandwich Baked Beans Apricots Milk
Watermelon Milk	Boiled Eggs Apple Juice	Apple Wedges Milk	Graham Crackers Milk	Mac 'n Cheese Apple Juice

## WEEK 4

Grits Fruit Cocktail Milk	Bran Muffins Orange Wedges (Mandarins) Milk	Pancakes 'n Syrup Pears Milk	Vanilla Wafers Apricots Milk	Rice Krispies Bananas Milk
Red Beans, Rice, Sausage Green Beans Peaches Milk	Ham Sandwich Potatoes AuGratin Black-Eye Peas Milk	Sloppy Joes on Buns Pineapple Chunks Baked Beans Milk	Chick'n Noodle Soup w/Crackers Baked Yams Cranberry Sauce Milk	Cheese Pizza Peas Spiced Apples Milk
Applesauce Milk	Cheese Nachos (Cheese Crackers) Apple Juice	Graham Crackers Milk	Carrot Sticks (carrots) Milk	Biscuit 'n Jelly Apple Juice

*(Items in red parentheses are used to show foods substituted for toddlers)*