

Peacock's Monthly Meal Plan



*Milk & milk substitutes are served at breakfast and lunch. Water is provided throughout the day.

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> Waffles, sunbutter, oranges Rice cake, bananas Fish sticks, potatoes, peas, ketchup, oranges Applesauce, raisin bread Goldfish crackers, apples 	<ul style="list-style-type: none"> Bagels, cream cheese, oranges Graham crackers, bananas Split pea soup (turkey), pineapple, pita bread Cheerios, dried cranberries Green pea pesto, wheat thins 	<ul style="list-style-type: none"> Scrambled eggs, cheese, toast, oranges Seaweed, apples Zucchini & cheese quesadillas in corn tortillas, refried beans, apples Mini sunbutter & jelly sandwiches Goldfish crackers, apples 	<ul style="list-style-type: none"> Chex cereal, dried cranberries Rice cakes, bananas Chickpea & rice soup (turkey), pears Pretzels, oranges Rice pudding with raisins 	<ul style="list-style-type: none"> Waffles, sunbutter, oranges Pretzels, string cheese Egg salad sandwiches, carrots, celery, apples Chex mix, dried cranberries Goldfish, apples
<ul style="list-style-type: none"> Yogurt, toast, bananas Graham crackers, sunbutter Black bean Sloppy Joes (turkey), applesauce Banana bread String cheese, rice cakes 	<ul style="list-style-type: none"> Scrambled eggs, toast, oranges Graham crackers, bananas Corn Chowder with potatoes, black beans, & cheese, apples Cheerios, Cranberries Seaweed, Wheat Thins 	<ul style="list-style-type: none"> Bagels, cream cheese, bananas Oranges, wheat thins Turkey/Cheese Enchiladas, refried beans, applesauce Rice balls, seaweed Goldfish, apples 	<ul style="list-style-type: none"> Cheerios, applesauce Bananas, graham crackers Spinach & cheese lasagna, oranges Chex mix, raisins Apples, pretzels 	<ul style="list-style-type: none"> Waffles, sunbutter, bananas Cheerios, raisins Teriyaki Salmon cakes, brown rice, broccoli, pears Mini sunbutter & jelly sandwiches Bananas, rice cake
<ul style="list-style-type: none"> Yogurt, toast, oranges Pretzels, string cheese Pasta with Marinara (turkey), green beans, apples Banana bread Pita bread, apples 	<ul style="list-style-type: none"> Bagels, cream cheese, oranges Bananas, graham crackers Bean & cheese burritos in corn tortilla, corn, apples Hummus, wheat thins Apples, goldfish crackers 	<ul style="list-style-type: none"> Waffles, sunbutter, oranges Apples, seaweed West African Stew with black eyed-peas (turkey), brown rice, mango Chex mix, raisins Rice cakes, string cheese 	<ul style="list-style-type: none"> Rice Chex, cranberries Cheerios, raisins Spinach, Salmon, & Cheese Frittata, buttered bread, pears Apples, goldfish crackers Bananas, graham crackers 	<ul style="list-style-type: none"> Oatmeal, raisins Graham crackers, bananas Sunbutter & jelly sandwiches, carrot sticks, pineapple Oatmeal bread with raisins Rice cakes, string cheese
<ul style="list-style-type: none"> Yogurt, toast, pineapple Cheerios, raisins Black bean soup with corn, carrots, & celery, corn tortillas, oranges Bagels, cream cheese Apples, wheat thins 	<ul style="list-style-type: none"> Chex mix, cranberries Rice cakes, bananas Pasta with cheese sauce & broccoli, applesauce Black bean dip, wheat thins Seaweed apples 	<ul style="list-style-type: none"> Waffles, jam, scrambled eggs, oranges Graham crackers, sunbutter English muffin pizza with mozzarella, salad, ranch dressing, oranges Soft pretzels, string cheese Goldfish crackers, apples 	<ul style="list-style-type: none"> Oatmeal with raisins Pretzels, string cheese Chili (turkey), polenta, apples Oatmeal bread with raisins Bananas, graham crackers 	<ul style="list-style-type: none"> English muffins, sunbutter, oranges Cheerios, cranberries Tuna sandwiches, cucumber, pears Bagels, cream cheese Bananas, wheat thins
<ul style="list-style-type: none"> Toast, yogurt, oranges Apples, wheat thins Quinoa & black bean cakes, carrot sticks, mango Chex mix, cranberries String cheese, pretzels 	<ul style="list-style-type: none"> Waffles, sunbutter, apples Graham crackers, oranges Minestrone with zucchini (turkey), oranges Banana bread Black bean quinoa cakes 	<ul style="list-style-type: none"> Scrambled eggs, toast, oranges Goldfish crackers, apples Stir fried rice with broccoli, egg (turkey), applesauce Soft pretzels, raisins Wheat thins, string cheese 	<ul style="list-style-type: none"> Chex cereal, cranberries Rice cakes, bananas Lentil Chowder with broccoli & potatoes, garlic bread, apples Cheerios, raisins Graham crackers, apples 	<ul style="list-style-type: none"> Bagels, sunbutter, applesauce Oranges, graham crackers Tomato soup, grilled cheese sandwiches, pears Chex mix, cranberries String cheese, wheat thins