

WMCC Four-Week Menu

(S = Snack, L = Lunch) **NOTE:** All drinking water is filtered

Monday	Tuesday	Wednesday	Thursday	Friday
<p>WEEK 1</p> <p>S: bananas, cantaloupe, arrowroots, juice</p> <p>L: lasagna—noodles, cheese, veggie, spinach, ground round, tomato sauce; veggies—carrots, cucumbers; cookies; milk & water</p> <p>S: fruit & honey granola bars, oranges, juice</p>	<p>S: pears, apples, arrowroots, juice</p> <p>L: mac & cheese—cheese, milk, noodles; salad—lettuce, carrots, broccoli, corn, cucumbers; cookies; milk & water</p> <p>S: apple sauce, pita chips, juice</p>	<p>S: oranges, apples, graham crackers, juice</p> <p>L: soup—barley mushroom; sandwiches—whole wheat bread, cheese & cucumber, soya butter & jam; veggie—carrot sticks; cookies; milk & water</p> <p>S: chips & salsa, juice</p>	<p>S: cereal, milk, juice</p> <p>L: perogies—broccoli, corn, peas; veggies—carrots, cucumber sticks; cheese sticks & spring rolls; cookies; milk & water</p> <p>S: apples, cheese & crackers, juice</p>	<p>S: muffins, apples, juice</p> <p>L: pizza—cheese, tomato sauce, broccoli, red peppers; salad— lettuce, carrots, broccoli, corn, cucumbers; cookies; milk & water</p> <p>S: apple crumble bars, oranges, juice</p>
<p>WEEK 2</p> <p>S: bananas, cantaloupe, arrowroots, juice</p> <p>L: sandwiches—cheese melts on whole wheat bread; green salad—carrots, red peppers, cucumbers; chick pea salad: cookies; milk & water</p> <p>S: yogurt, pita chips, juice</p>	<p>S: muffins, apples, juice</p> <p>L: gnocchi—noodles, cheese, tomato sauce, onions, veggie ground round, caesar salad—lettuce, corn croutons; carrot sticks; cookies; milk & water</p> <p>S: chewy granola bars, banana, juice</p>	<p>S: apples, oranges, graham crackers, juice</p> <p>L: pea soup; sandwiches—cheese & cucumber, soya butter & jam; cookies; milk & water</p> <p>S: chips & salsa, juice</p>	<p>S: cereal, milk, juice</p> <p>L: shepherds pie—potato, corn, peas; veggie ground round; veggies—carrots, celery, cucumbers; cookies; milk & water</p> <p>S: crackers & cheese, apples, juice</p>	<p>S: muffins, apples, juice</p> <p>L: baked beans; broccoli & veggies; arrowroot cookies; milk & water</p> <p>S: oriental mix, oranges, juice</p>
<p>WEEK 3</p> <p>S: bananas, cantaloupe, arrowroots, juice</p> <p>L: quesadillas—wheat flour tortillas, cheese, black beans, onions, sweet potato; veggies—carrots, celery; cookies, milk & water</p> <p>S: yogurt; apple crumble bars, juice</p>	<p>S: pears, apples, arrowroots, juice</p> <p>L: chili—veggie ground round, tomatoes, kidney beans, chick peas, onions, sour cream; veggies—carrots, cucumbers; toast; cookies; milk & water</p> <p>S: banana, crackers & cheese, juice</p>	<p>S: apples, oranges, graham crackers, juice</p> <p>L: lentil soup; sandwiches—cheese & cucumber, soya butter & jam; veggies—carrot sticks; cookies, milk & water</p> <p>S: chips & salsa, oranges, juice</p>	<p>S: cereal, milk, apples, juice</p> <p>L: mac & cheese—cheese, milk, noodles; salad—lettuce, corn, cucumbers; cookies; milk & water</p> <p>S: apple sauce, fruit & honey granola bar, juice</p>	<p>S: whole grain english muffins, apples, juice</p> <p>L: lentil loaf—lentils, cheese, mushrooms, leeks, celery, breadcrumbs; veggies—mashed potatoes, corn & peas; cookies; milk & water</p> <p>S: blueberry muffins, oranges, juice</p>
<p>WEEK 4</p> <p>S: bananas, cantaloupe, arrowroots, juice</p> <p>L: spring rolls—bean sprouts, celery, carrots, red pepper, brown rice; baked tofu broccoli; cookies; milk & water</p> <p>S: cheese & crackers, apples, juice</p>	<p>S: pears, apples, arrowroots, juice</p> <p>L: pasta—noodles, cheese, tomato sauce, onions, cauliflower; caesar salad—lettuce, corn croutons; carrot sticks; cookies; milk & water</p> <p>S: chewy granola bars, juice</p>	<p>S: peanuts, oranges, juice</p> <p>L: leek & potato soup; sandwiches—cheese & cucumber, soya butter & jam; veggies—carrot sticks; cookies; milk & water</p> <p>S: chips & salsa, juice</p>	<p>S: cereal, milk, juice</p> <p>L: bean burritos—black beans, onions, cheese, broccoli; veggies—carrots sticks, cucumber, red pepper; cookies, milk & water</p> <p>S: oriental mix, pears, apples, juice</p>	<p>S: muffins, apples, juice</p> <p>L: grilled cheese; alphabet noodle veggie soup—carrots, peas, celery; cookies; milk & water</p> <p>S: banana bars, oranges, juice</p>