

SSA Menu Week One

Menu for the 1st week of the Month



Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Waffles Applesauce Milk	Biscuits Peaches Milk	Croissant Raisins Milk	Cereal Bananas Milk	Breakfast bar Seasonal Fruits Milk
Lunch	Lunch	Lunch	Lunch	Lunch
Chicken Nuggets Green Beans Peaches Milk	Tacos Spanish Rice Pineapple Milk	Meatballs/Pasta Salad Mixed Fruit Milk	Hamburger Mash Potatoes Pears Milk	Pizza Carrots Watermelon Milk
Snack	Snack	Snack	Snack	Snack
Water Crackers Water	Nilla Wafers Water	Cheese/Crackers Water	Veggie Straws Water	Animal Crackers Water



SSA Menu Week Two

Menu for the 2nd week of the Month



Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Pancakes Raisins Milk	French Toast Applesauce Milk	Breakfast Bars Pears Milk	Muffins Bananas Milk	Raisin Bread Peaches Milk
Lunch	Lunch	Lunch	Lunch	Lunch
Fish Sticks Green Beans Peaches Milk	Mac & Cheese Salad/Veggies Pineapple Milk	Turkey/Cheese Roll ups French Fries Apples Milk	Grilled Cheese Corn Mixed Fruit Milk	Pizza Carrots Watermelon Milk
Snack	Snack	Snack	Snack	Snack
Graham Crackers Water	Cheese Balls Water	Veggie Straws Water	Animal Crackers Water	Cheese/Crackers Water



SSA Menu Week Three

Menu for the 3rd week of the Month



Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Waffles Applesauce Milk	Cereal Raisins Milk	Breakfast Bar Seasonal Fruit Milk	Muffins Peaches Milk	Pancakes Banana Milk
Lunch	Lunch	Lunch	Lunch	Lunch
Chicken Nuggets Salad Apples Milk	Pizza Pancakes Sauce/Veggies Mixed Fruit Milk	Quesadillas Green Beans Pears Milk	Meatball Subs Mash Potatoes Raisins Milk	Pizza Carrots Fruit Milk
Snack	Snack	Snack	Snack	Snack
Cheese & Crackers Water	Ritz Water	Veggie Straws Water	Graham Crackers Water	Cheez-Its Water



SSA Menu Week Four

Menu for the 4th week of the Month



Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Biscuits Peaches Milk	Waffles Applesauce Milk	Croissants Raisins Milk	Muffins Pears Milk	Cereal Banana Milk
Lunch	Lunch	Lunch	Lunch	Lunch
Hamburgers Mash Potatoes Mixed Fruit Milk	Grilled Cheese Green Beans Pears Milk	Mac & Cheese Corn Peaches Milk	Chicken Stir Fried Broccoli Pineapple Milk	Pizza Carrots Watermelon Milk
Snack	Snack	Snack	Snack	Snack
Nilla Wafers Water	Cheese Balls Water	Veggie Straws Water	Chex Mix Water	Whalers Water



SSA Menu Week Five

Menu for the 5th week of the Month

*only when applicable



Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Raisin Bread Seasonal Fruit Milk	French Toast Peaches Milk	Muffins Pears Milk	Pancakes Bananas Milk	Cereal Raisins Milk
Lunch	Lunch	Lunch	Lunch	Lunch
Pizza Pancakes Sauce/Veggies Pears Milk	Tacos Carrots Mixed Fruit Milk	Turkey/Cheese Roll ups French Fries Apples Milk	Meatball Subs Corn Apples Milk	Pizza Carrots Watermelon Milk
Snack	Snack	Snack	Snack	Snack
Animal Crackers Water	Graham Crackers Water	Cheese & Crackers Water	Veggie Straws Water	Chex Mix Water

