

July 26-30 Olympic Week					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Assortment of fresh fruit, muffins, loaf bread, oatmeal, cereal, toast and yogurt	Assortment of fresh fruit, muffins, loaf bread, oatmeal, cereal, toast and yogurt	Assortment of fresh fruit, muffins, loaf bread, oatmeal, cereal, toast and yogurt	Assortment of fresh fruit, muffins, loaf bread, oatmeal, cereal, toast and yogurt	Assortment of fresh fruit, muffins, loaf bread, oatmeal, cereal, toast and yogurt
Mid-morning snack	Cereal with berries, milk and water	Bagels with cream cheese, grapes and water	Smoothies, graham crackers and water	Crepes, fresh fruit and water	Blueberry muffins and water,
Lunch	Basa with creamy dill sauce, rice, mixed vegetable, fruit, milk and water	Ham and cheddar crescent roll ups, broccoli, fruit, milk and water	Chicken alfredo, garden salad, garlic sticks, fruit, milk and water	Homemade chicken noodle soup, Grilled Cheese Sandwiches, fruit, milk and water	Taco casserole, Caesar salad, whole wheat rolls, fruit, milk and water
Mid-afternoon snack	Hard boiled eggs, crackers and water	Olympic cookies, bananas, and water	Rice cakes, veggie tray and water	Yogurt pops, kiwi and water	Olympic torch cones with cheese, carrots and water