

ASPIRE EARLY LEARNING ACADEMY, LLC

Week One Menu

Dates: _____



Monday	Tuesday	Wednesday	Thursday	Friday
Bagel Fresh Strawberries Low-fat Cream Cheese 1% Milk	Kix Cereal Fresh Bananas 1% Milk	Pancakes Applesauce 1% Milk	Oatmeal Fresh Blueberries 1% Milk	Rice Krispies Cereal Apple Slices 1% Milk
Beef Corn Dogs Green Beans Peaches 1% Milk	Chicken Nuggets Rice Pilaf Black-eye Peas ½ WW Bread Slice 1% Milk	HM Macaroni & Cheese Broccoli Pears ½ WW Bread Slice 1% Milk	Beef Sloppy Joe Corn Mandarin Oranges 1% Unflavored Milk	BBQ Chicken Legs Brown Rice Carrots Pineapple Slices 1% Milk
WG Goldfish Crackers Crushed Pineapples Water	Blueberry Cheesecake Muffins Fresh Grapes Water	Nacho Chips w/ Cheese Sauce 1% Milk Water	½ Grilled Cheese Sandwich Water	Animal Crackers Orange Slices Water

*Menus are subject to change. Changes will be written on the menu. Please report all allergies in writing to the Director.

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Week TWO Menu

Dates: _____



Monday	Tuesday	Wednesday	Thursday	Friday
Hash Browns Fresh Banana Slices 1% Milk	Cheese Toast Fresh Strawberries 1% Unflavored Milk	Grits Fresh Apple Slices 1% Unflavored Milk	French Toast Sticks Fresh Blueberries 1% Unflavored Milk	Special K Cinnamon Cereal Fresh Orange Slices 1% Unflavored Milk
Beef Meatballs Mashed Potatoes Sweet Peas Mandarin Oranges ½ WW Bread Slice 1% Milk	Cheese Pizza Pinto Beans Pear Slices 1% Unflavored Milk	HM Parmesan Chicken WG Brown Rice Mixed Veggies Pineapple Slices ½ WW Bread Slice 1% Unflavored Milk	HM Beef Spaghetti Corn Applesauce 1% Unflavored Milk	HM Turkey & Cheese Sandwich Carrots Peaches 1% Unflavored Milk
Graham Crackers Vanilla Yogurt Water	Cheezee Its Fresh Grapes Water	WW Ritz Crackers ½ Slice Cheese Water	Pretzels Mandarin Oranges Water	Blueberry Muffin Milk

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Week THREE Menu

Dates: _____



Monday	Tuesday	Wednesday	Thursday	Friday
Oatmeal Fresh blueberries 1% Milk	Waffles w/ Light Syrup Fresh Banana Slices 1% Milk	Sausage Biscuits Applesauce 1% Milk	WW English Muffins Fresh Orange Slices 1% Milk	WG Cheerios Fresh Strawberries 1% Milk
Chicken Nuggets Spanish Rice Lima Beans Mandarin Oranges 1% Milk	Beef Taco Salad Taco Shells Carrots Peaches 1% Milk	Chicken and Noodles Mixed Veggies Fresh Apple Slices WW Roll 1% Milk	Black Beans Brown Rice Italian Green Beans Pears 1% Milk	Cheeseburger w/ WW Hamburger Bun Green Peas Pineapple Tidbits 1% Milk
Mini Bagel Strawberry Cream Cheese Water	Goldfish Crackers Fresh Grapes Water	Wildberry Muffin Mixed Fruit Water	½ Ham & Cheese Sandwich Water	Low-fat Strawberry Yogurt Apple Slices Water

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Week FOUR Menu

Dates: _____



Monday	Tuesday	Wednesday	Thursday	Friday
French Toast Sticks Fresh Orange Slices 1% Milk	Grits Fresh Strawberries 1% Milk	Chex Cereal Fresh Blueberries 1% Milk	Buttermilk Biscuits Fresh Banana Slices 1% Milk	Mini Bagels Pineapple Slices 1% Milk
Fish Sticks w/ Tarter Sauce Corn Peaches WG Roll 1% Milk	Chicken & Stuffing Green Bean Pineapple Tidbits ½ Bread Slice 1% Milk	½ Grilled Cheese Sandwich Vegetable Soup Carrots Sliced Apples 1% Milk	Beefaroni Casserole Kidney Beans Pears ½ Sliced Bread 1% Milk	Teriyaki Chicken w/ Brown Rice Broccoli Applesauce 1% Unflavored Milk
English Muffin Cheese Slice Tomato Sauce Water	Pretzels Mandarin Oranges Water	Apple Cinnamon Muffin Milk	Blueberry Nutrigrain Bar Peaches Water	Graham Crackers Fresh Grapes Water



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