



Johns Creek at Morton Road

### Menu #3

#### BREAKFAST

- MON Scrambled Eggs, Whole Wheat Toast, Mandarin Oranges & Milk
- TUE Cheerios, Banana Slices & Milk
- WED Blueberry Muffins, Fresh Apple Slices & Milk
- THU Cheese Toast, Applesauce & Milk
- FRI Corn Flakes, Fresh Orange Slices & Milk

#### LUNCH

- MON Chicken and Vegetable Stir Fry, Brown Rice, Fresh Pear Slices & Milk
- TUE Barbeque Turkey Meatballs, Whole Wheat Roll, California Blend Veggies, Fresh Orange Slices & Milk
- WED Chicken Taco Salad with Tortilla Chips, Fresh Orange Slices & Milk
- THU Turkey and Cheese Stackers on Whole Wheat Crackers, Carrot Sticks\*, Fresh Seasonal Melon & Milk
- FRI Cheese Pizza (Whole Wheat Crust), Corn, Fresh Apple Slices & Milk

#### SNACKS

- |     |      |                                 |      |   |
|-----|------|---------------------------------|------|---|
| MON | A.M. | Fresh Pear Slices & Milk        | P.M. | Graham Crackers & Apple Juice               |
| TUE | A.M. | Fresh Apple Slices & Milk       | P.M. | Tortilla Chips w/ Salsa & White Grape Juice |
| WED | A.M. | Bananas & Milk                  | P.M. | Vanilla Wafers & Fruit Juice                |
| THU | A.M. | Cucumber Slices w/ Ranch & Milk | P.M. | Cheez-its Snack Mix & White Grape Juice     |
| FRI | A.M. | Raisins and Cheerios** & Milk   | P.M. | Oatmeal Cookies & Apple Juice               |

All vegetables are fresh or frozen, all juice is 100% fruit juice.

\*Children under 3 are given cooked carrots

\*\*Children under 3 are given only Cheerios, no raisins

Menus are subject to change without notice.