



Johns Creek at Morton Road

Menu #4

BREAKFAST

- MON Scrambled Eggs, Whole Wheat Toast, Fruit Juice & Milk
- TUE Rice Krispies, Banana Slices & Milk
- WED Strawberry Yogurt, Fresh Apple Slices & Milk
- THU Whole Wheat English Muffins with Cream Cheese, Fresh Pear Slices & Milk
- FRI Crispix Cereal, Fresh Apple Slices & Milk

LUNCH

- MON Cheese Quesadillas, Carrot Sticks*, Broccoli & Milk
- TUE Homemade Macaroni and Cheese, Green Beans, Salad w/ Ranch Dressing & Milk
- WED Vegetarian Baked Beans, Brown Rice, California Blend Veggies, Applesauce & Milk
- THU Chicken and Brown Rice Casserole, Peas, Fresh Sliced Apples & Milk
- FRI Turkey and Cheese on Whole Wheat, Sweet Potato Fries, Pickles & Milk

SNACKS

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| MON | A.M. Fig Newtons & Milk | P.M. Chex Mix & Apple Juice |
| TUE | A.M. Fresh Sliced Apples & Milk | P.M. Cheese and Whole Wheat Crackers & White Grape Juice |
| WED | A.M. Veggi Sticks & Milk | P.M. Graham Crackers & Fruit Juice |
| THU | A.M. Cinnamon Applesauce & Milk | P.M. Goldfish Crackers & White Grape Juice |
| FRI | A.M. Mandarin Oranges & Milk | P.M. Chocolate Chip Cookies & Apple Juice |

*All vegetables are fresh or frozen, all juice is 100% fruit juice
Children under 3 given cooked carrots*

Menus are subject to change without notice.