



Johns Creek at Morton Road

Menu #2

BREAKFAST

MON	Scrambled Eggs, Whole Wheat Toast, Fruit Juice & Milk
TUE	Rice Krispies, Banana Slices & Milk
WED	Whole Grain Pancakes w/ Syrup, Peaches & Milk
THU	Mini Bagels w/ Cream Cheese, Applesauce & Milk
FRI	Crispix Cereal and Apple Slices & Milk

LUNCH

MON	Cheese Tortalini with Marinara, Green Beans, Salad w/ Ranch Dressing & Milk
TUE	Teriyaki Chicken over Brown Rice, Peas and Carrots, Applesauce & Milk
WED	Fish Nuggets, Whole Wheat Parmesean Noodles, Broccoli, Fresh Pear Slices & Milk
THU	Ham and Cheese on Wheat Bread, Sweet Potato Fries, Fresh Apple Slices & Milk
FRI	Vegetable Soup (no meat), Whole Wheat Crackers w/ Cheese, Carrot Sticks* & Milk

SNACKS

MON	A.M.	Fig Newtons & Milk	P.M.	Chex Mix & Apple Juice
TUE	A.M.	Fresh Sliced Apples & Milk	PM.	Cheese & Whole Wheat Crackers & White Grape Juice
WED	A.M.	Veggi Sticks & Milk	P.M.	Graham Crackers & Fruit Juice
THU	A.M..	Cinn. Applesauce & Milk	P.M.	Goldfish & White Grape Juice
FRI	A.M..	Mandarian Oranges & Milk	P.M.	Chcolate 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.