



# Jelly Bean Academy Menu



## WEEK ONE

MEAL NAME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	Waffles with Fresh Fruit Milk	Bagel with Cream Cheese Milk	Egg in an English Muphin Milk	French Toast with Fresh Fruit Milk	Yogart and Fresh Fruit Milk
<b>LUNCH</b>	Baked Chicken strips with Steamed vegetables Milk/Water	Penne Al Forno with Minced Meat and Chee Fruit Salad Milk/Water	Hardly Lentil Soup with Carrot and Potato with Dinner Roll and Orange slices Milk/Watere	Vegetable Egg Frittata with Dinner Roll Milk/Water	Spiral Pasta with Tuna With steamed vegetables on the side Milk/Water
<b>AFT. SNACK</b>	Apple slices and Oatmeal Cookies Milk/Water	Veggie Sticks with Pita Milk/Water	Yogart and Fresh Fruit Milk/Water	Cheese and Crackers Milk/Water	Hummis and Pita Milk/Water

## WEEK TWO

MEAL NAME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	Oatmeal with Fresh Fruit Milk	Boiled Eggs and Toast Milk	Multigrain Cereal and Fresh Fruit Milk	Pancake and Fresh Fruit Milk	Bagel with Cream Cheese Milk
<b>LUNCH</b>	Fish Sticks with Sweet Potato Fries and cucumber sticks Milk/Water	Cheese Pizza with Chick peas and vegetable salad Milk/Water	Cheese Beef Burger with Garden Salad Milk/Water	Chicken Vegetable Stir Fry Milk/Water	Pasta with Meatballs in Tomato sauce and Roasted Vegetables Milk/Water
<b>AFT. SNACK</b>	Cheese and Crackers Milk/Water	Yogart and Fresh Fruit Milk/Water	Banana Muphins with fresh Fruit Milk/Water	English Muphin with Peanut free spread Milk/Water	Fruit Salad with Fish Crackers Milk/Water

## WEEK THREE

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	Scrambled Eggs and Toast Milk	Miultigrain Cereal and Fresh Fruit Milk	French Toast with Fresh Fruit Milk	Yogart and Fresh Fruit 2% Milk	Vegetable Omlette with Pita 2% Milk
<b>Lunch</b>	Pasta Alfredo with Brocholi and vegetable bean salad Milk/Water	Chicken Burger with Steamed Vegetables Milk/Water	Avocado Cheese Melt on English Muphin And vegetable Chick Pea Salad Milk/Water	Meatball Sub with Tomato Sauce and Mashed Potato Milk/Water	Hardy Chicken Vegetable Soup with Dinner Roll Milk/Water
<b>AFT. SNACK</b>	Smoothie and Crackers Milk/Water	Veggie sticks with mini croissants Milk/Water	Fresh Fruit and fish Crackers Milk/Water	Veggie Sticks with Hummis Milk/Water	Fresh Fruit and Banana Bread Milk/Water

## WEEK Four

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	Bagel with Cream Cheese	Pancake with Fresh Fruit	Waffles and Fresh Fruit	Boiled Eggs and Toast	Fuit Smoothie