

# What's Cooking in the Kitchen:

**For the Week of: August 30—September 3, 2010**

## **MONDAY**

**BREAKFAST:** Special K w/Strawberries, Bananas, Milk  
**AM SNACK:** Juice Break  
**LUNCH:** Chicken Patty Sandwiches, Ketchup, Mixed Vegetables, Apple Wedges, Milk  
**PM SNACK:** Dill Pickles Spears, Ritz Crackers, Water

## **TUESDAY**

**BREAKFAST:** Open Face English Muffins w/Melted Shredded Cheese & Ham Slices, Clementines, Milk  
**AM SNACK:** Juice Break  
**LUNCH:** Beef Soft Tacos (Tortillas, Ground Beef, Shredded Cheese, Mild Salsa), Black Beans, Pineapple, Milk  
**PM SNACK:** Veggie Chips, String Cheese, Water

## **WEDNESDAY**

**BREAKFAST:** Pancakes, Mixed Berries, Syrup, Milk  
**AM SNACK:** Juice Break  
**LUNCH:** Kielbasa, Macaroni & Cheese, Green Beans, Grapes, Milk  
**PM SNACK:** Celery w/Cream Cheese, Wheat Thins, Water

## **THURSDAY**

**BREAKFAST:** Couscous, Cinnamon Sugar, Apricots, Milk  
**AM SNACK:** Juice Break  
**LUNCH:** Turkey Breast Slices, Mashed Potatoes, Brown Gravy, Whole Wheat Rolls, Cantaloupe, Milk  
**PM SNACK:** Pretzel Sticks, Dried Fruit, Water

## **FRIDAY**

**BREAKFAST:** Biscuits & Gravy, Honeydew, Milk  
**AM SNACK:** Juice Break  
**LUNCH:** Tuna Salad w/Celery on French Bread, Fruit Salad, Milk  
**PM SNACK:** Cheese Quesadillas, Black Olives, Water