Adventure Academy Inc. Weekly Menu
Date: WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack					
Vegetables / Fruits	Apple Slices Cheese	Orange Slices Muffin Yogurt	Bananas Yogurt/Granola	Strawberries Banana Bread Yogurt	Blueberries, Croissants + Jam Yogurt
Milk + Alternatives					
Lunch					
Vegetables / Fruits x2	Chicken + Cheese Quesadillas Avocado Blackberries	Egg Salad Sandwich Milk Snap Peas + Dip Applesauce	Tuna + Cheese Sandwiches Grapes Cucumbers	Spaghetti + Tomato Sauce, Ground Beef Milk Snap Peas + Dip	Chicken, Vegetable + Noodle Soup Milk Banana
Grains					
Milk + Alternatives					
Meat + Alternatives					
Afternoon Snack					
Vegetables / Fruits	Carrots + Broccoli Whole Grain Crackers Hummus	Blueberries Oatmeal Cookie	Carrots + Broccoli Tortilla Strips	Grapes Granola Bar	Carrots + Broccoli Oatmeal Cookie
Grains					

Water and additional snacks are available throughout the day.

Adventure Academy Inc. Weekly Menu
Date: WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack					
Vegetables / Fruits	Bananas Banana Bread Yogurt	Blueberries Yogurt Granola	Blackberries Yogurt Oatmeal Cookie	Grapes Cheese Crackers	Orange Slices Muffin Yogurt
Milk + Alternatives					
Lunch					
Vegetables / Fruits x2	Salmon Patty + Whole Wheat Bun Milk Garden Salad with Veggies	Chicken + Bell Peppers + Rice Milk Mango	Lentil + Veggie Soup Milk Whole Wheat Bun Snap Peas + Dip	Pepperoni Pizza + Wheat Crust Snap Peas + Dip Milk Applesauce	Grilled Ham + Cheese Sandwiches Grapes Cucumbers
Grains					
Milk + Alternatives					
Meat + Alternatives					
Afternoon Snack					
Vegetables / Fruits	Oatmeal Cookie Watermelon	Carrots + Broccoli Whole Grain Crackers Hummus	Whole Grain Pita Cream Cheese Cucumber	Carrots + Broccoli Muffin	Applesauce Oatmeal Cookie
Grains					

Water and additional snacks are available throughout the day.

Adventure Academy Inc. Weekly Menu
Date: WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack					
Vegetables / Fruits Milk + Alternatives	Omelet Bites Toast Fingers Sliced Pears	Greek Yogurt Granola Raspberries Blueberries	French Toast Applesauce, Strawberries Mangos	Tortilla with Soy Butter Mixed Berry Smoothies (Raspberry, Blueberry, and Blackberry)	Cottage Cheese Sliced Peaches Pineapple paired Mini Banana Muffins
Lunch					
Vegetables / Fruits x2 Grains Milk + Alternatives Meat + Alternatives	Sweet and Sour Meatballs + Butter Noodles Milk Green Beans and Carrots	Chicken and Cheese Quesadillas + Milk Green Peppers Avocado	Chicken Strips with Cheesy Potato Wedges + Milk Cucumbers Milk	Baked Fish with Rice + Steamed Asparagus Milk Broccoli	Beef Stroganoff + Cheese Garlic Bread Ceaser Salad Veggies & Dip
Afternoon Snack					
Vegetables / Fruits Grains	Crackers Cheddar Cheese and Apple Slices	Pita Triangles Hummus Carrots Cucumber	Carrot Muffins Yogurt Banana	Toast Mashed Avocado. Served Orange Slices.	Breadsticks Melted Cheese Strawberries