



Adventure Academy Inc. Weekly Menu
Date: WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack					
Vegetables / Fruits	Cheerios + Peaches	Bagels + Bananas	Shreddies + Yogurt	Toast with Fruit Salad	Waffles + Oranges
Milk + Alternatives or Grains					
Lunch					
Vegetables / Fruits x2	Spaghetti + Meatballs with Raw Veggies	Pepperoni Pizza on Pitas with Salad	Beef Macaroni Soup with Toast	Fish + Garden Salad	Broccoli Alfredo Bake with Mixed Veggies
Grains					
Milk + Alternatives					
Meat + Alternatives					
Afternoon Snack					
Vegetables / Fruits	Rice Cakes + Cucumbers	Carrots + Crackers with Hummus	Apple Sauce + Graham Crackers	Animal Crackers + Peaches	Multigrain Chips + Salsa
Milk + Alternatives or 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	Shreddies + Peaches	Bagels with Jam + Green Apples	Toast with Jam + Oranges	Shreddies + Peaches	Waffles + Bananas
Milk + Alternatives or Grains					
Lunch					
Vegetables / Fruits x2	Turkey Sandwiches with Garden Salad	Tuna Melts with Mixed Raw Veggies	Mac + Cheese with Garden Salad	Chicken Quesadillas with Raw Veggies	Chicken Fingers with Garden Salad
Grains					
Milk + Alternatives					
Meat + Alternatives					
Afternoon Snack					
Vegetables / Fruits	Apple Sauce + Graham Crackers	Carrots, Hummus + Crackers	Multigrain Chips + Salsa	Rice Cakes with Cucumbers	Animal Crackers + Peaches
Milk + Alternatives or 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	Cheerios + Peaches	Waffles + Pears	Bagels + Yogurt	Shreddies + Bananas	Toast + Oranges
Milk + Alternatives or Grains					
Lunch					
Vegetables / Fruits x2	Ham and Cheese Wraps with Mixed Veggies	Grilled Cheese + Tomato Soup	Baked Fish with Garden Salad	Beef Macaroni with Carrots + Peas	Chicken, Celery and Rice Soup with Buns
Grains					
Milk + Alternatives					
Meat + Alternatives					
Afternoon Snack					
Vegetables / Fruits	Rice Cakes + Cucumbers	Animal Crackers + Peaches	Carrots, Hummus, + Crackers	Multigrain Chips + Salsa	Apple Sauce + Graham Crackers
Milk + Alternatives or Grains					

Water and additional snacks are available throughout the day.