





















Summer Week One



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
	Happy Flapjacks*  Strawberries Hard Boiled Egg Milk	Sugar and Spice Quesadilla (WGR) Milk	Parfait Smoothie* (WGR) Milk	Baked Omelet* Whole Grain Toast (WGR) Milk	Breakfast Banana Splits* (WGR) Milk
Lunch					
	Sloppy Sammie* Whole Wheat Bun (WGR) Peas Watermelon Milk	Green Garden Salad* Breadsticks Apples Milk	Black Bean, Corn and Blueberry Salad* Whole Wheat Bread (WGR) Grilled Asparagus Milk	BBQ Chicken Wraps* (WGR) Cucumber Slices Peppy Pineapple Milk	Island Fun Pasta Salad* (WGR) Cherry Tomatoes Celery Sticks Milk
Snack					
	Funky Cabbage Salad  Milk	Watermelon Pizza	Sweet Potato Crisps  Milk	Frozen Strawberries and Yogurt	Three Shape Trail Mix (WGR) Milk



*Twist & Sprout Original Recipe

(WGR) = Whole Grain-Rich

 Helpful Preparation Tips in Twist & Sprout Video Series "Save Time and Money in the Kitchen"





Summer Week Two



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
	Sunny Fiesta Wrap* (WGR) Grapes Milk	Almond Raisin Granola* (WGR) Peaches Milk	Oh My Oatmeal* (WGR) Milk	Whole Grain Bagel (WGR) Nut Butter Honeydew Drops Milk	Scrambled Eggs Whole Wheat Toast (WGR) Blueberries Milk
Lunch					
	Q Burgers* (WGR) Shredded Lettuce Salad Apples Milk	Chinese Pork* Whole Wheat Roll (WGR) Cabbage Steaks* Carrots Sticks Milk	Baked Meatballs Blooming Bulgur* Peas Pineapple Milk	Summertime Rice* (WGR) Roasted Broccoli Trees Pears Milk	Fun Fish Nuggets* Citrus Couscous* Corn & Peas Orange Wedges Milk
Snack					
	Sweet Strawberry Pudding*	Monkey Milk Shake* Whole Grain Crackers (WGR)	Herb Bagel Crisps* (WGR) Milk	Cool as a Cucumber Dip* Carrot Sticks	Bold Black Bean Dip* Sugar Snap Peas



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Summer Week Three



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
	Crunchy Fruit Kabobs* (WGR) Milk	Pancake Smiles* (WGR) 🍴 Berries Milk	Fruity Quinoa* (WGR) Milk	Eggs in a Nest (WGR) Apple Bites Milk	Cinnamon Berry Treasures* (WGR) Milk
Lunch					
	Golden Spiced Chicken* Whole Wheat Roll (WGR) Spinach and Radish Wheel Salad Watermelon Bites Milk	Turkey Apple Takers* (WGR) Broccoli Trees Citrus Corn* Milk	Sweet Swirl Wrap* (WGR) Celery Sticks 🍴 Grapes Milk	Roast Pork with Red Pepper Sauce* Savory Brown Rice (WGR) Mighty Minty Peas* Banana Wheels Milk	Captain's Zesty Chicken* Power Penne* (WGR) Peach Smiles Milk
Snack					
	Goopy Towers* (WGR)	Peachy Smoothies	Cucumber Canoes* 🍴 Milk	Go Fish Snack Carrot Sticks	Pineapple Cottage Cheese Yummies* 🍴



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Summer Week Four



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
	Bananas Foster Parfait* (WGR) Milk	Little Boy Blue Muffins* (WGR) Blueberries Milk	Rise and Shine Cereal* Milk	Farmers Pizza* (WGR) Grapes Milk	Toasted O's Cereal (WGR) Strawberries Milk
Lunch					
	Italian Flag Pasta* (WGR) Awesome Asparagus Grapes Milk	Summertime Tuna Bites* (WGR) Broccoli Slaw Peas Milk	Picnic Pinwheels* (WGR) Cucumber Spears Watermelon Milk	Colorful Roll-Up* Whole Wheat Roll (WGR) Cantaloupe Milk	Pocket of Gold* (WGR) Roasted Parmesan Potatoes* Peaches Milk
Snack					
	Green Pepper Posies* Milk	Crunchy Rosemary Chickpeas* Milk	Mr. Tomato Head*	Sunflower Snacks*	Ants on a Raft* Milk



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