



Cosmopolitan Kids

Sample Menu A

	Breakfast (9:15 A.M.)	Lunch (11:15 A.M.)	Snack #1 (2:30 P.M.)	Snack #2 (4:30 P.M.)
Mon.	French Toast Sticks Peaches Milk	Unfried Rice (Ham, Carrots, Peas, Rice, & Soy Sauce) Bananas Milk	Graham Crackers Sliced Apples Water	Ritz Crackers Orange Juice
Tues.	Breakfast Parfait (Layered Yogurt, Pineapple Tidbits, & Cheerios) Water	Beef Lasagna Corn Diced Pears Milk	Cheese Quesadilla Water	Animal Crackers Bananas Water
Wed.	Hard-Boiled Eggs Toasted English Muffin Mandarin Oranges Milk	Chicken Salad Sandwiches Tater Tots Fruit Cocktail Milk	Yogurt Graham Crackers Water	Goldfish Crackers Orange Wedges Water
Thurs.	LIFE Cereal w/ Milk Orange Wedges Water	Pasta w/ Cream of Mushroom Soup and Beef Meatballs Peas Apple Slices Milk	Pudding (Vanilla, Tapioca, or Chocolate) Nilla Wafers Water	Saltine Crackers Orange Juice
Fri.	Waffles Pineapple Milk	Pepperoni Pizza Green Beans Applesauce Milk	Ritz Crackers Bananas Water	American Cheese Sliced Apples Water



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Sample Menu B

	Breakfast (9:15 A.M.)	Lunch (11:15 A.M.)	Snack #1 (2:30 P.M.)	Snack #2 (4:30 P.M.)
Mon.	Cheerios w/ Milk Fruit Cocktail Water	Chili with Beef & Beans Rice Corn Peaches Milk	Animal Crackers Bananas Water	Goldfish Crackers Orange Juice
Tues.	Waffles Applesauce Milk	Turkey & Cheese Sandwich Peas Mandarin Oranges Milk	Ham Slices Flour Tortillas Water	Saltine Crackers Apple Slices Water
Wed.	Breakfast Parfait (Layered Yogurt, Pineapple Tidbits, & Cheerios) Water	Chicken & Egg Noodles in Tomato Sauce Normandy Veggies (Carrots, Broccoli, & Cauliflower) Apple Slices Milk	Nilla Wafers Pudding (Vanilla, Chocolate, or Tapioca) Water	Animal Crackers Orange Wedges Water
Thurs.	Scrambled Eggs w/ American Cheese Flour Tortillas Orange Juice	Shredded Chicken in Gravy Rice Green Beans Applesauce Milk	Goldfish Crackers Apple Slices Water	Flour Tortillas Sliced American Cheese Water
Fri.	Cottage Cheese Sliced Peaches Graham Crackers Water	Ham Slices Macaroni & Cheese Mixed Veggies Diced Pears Milk	Ritz Crackers Sliced American Cheese Water	Trail Mix (Cheerios, LIFE Cereal, & Goldfish Crackers) Orange Juice