

SECC Spring /Summer Afternoon Menu 2015

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
week 1	Foccacia Bread Fruit Juice	Pretzels Watermelon or Fruit Juice	Spinach Rolls Fruit Juice	Cottage Cheese Fruit & Bran Parfaits Water	Fresh Fruit Yogurt Cup Water
Week 2	Sweet Potato Bis- cuits Milk	Broccoli Slaw Wheat Crackers Water	Homemade Salsa Broken Taco Shells Water	Animal Crackers Watermelon or Fruit Juice	Yogurt Smooth- ies Bananas Water
Week 3	Cannellini Bean Dip Vegetable Slices Water	Goldfish Crack- ers Watermelon or Fruit Juice	Cheddar & Pep- peroni Sticks Fruit Juice	Hard Boiled Eggs Wheat Crackers Water	Tossed Salad Slice of Bread Water
Week 4	Pina Colada Yo- gurt Cups Raison Bread Water	Roasted Garban- zo Beans Wheat Crackers Water	Broccoli Poppers w/ Dipping Sauce Fruit Juice	Zucchini Bread Fruit Juice	Baked Kale Chips Cheese Chunks Water
Week 5	Corn Muffins Watermelon or Fruit Juice	Multi Grain Warm Pretzels Fruit Juice	Chex Mix Fruit Juice	Greek Feta Drip Vegetable Slices Water	Make Your Own Pizzas (Rice Cakes, Yogurt, Fruit) Water
Week 6	Cottage Cheese Cantaloupe Water	Wheat Crackers & Cheese Waters	Humus Vegetable Slices Water	Apple, Raisin, & Yogurt Salad Graham Crackers Water	Watermelon Sal- sa Cinnamon Pita Chips Water

* 100% Fruit Juice Is Served (Apple, Grape, Orange, Fruit Punch & Cranberry).