

A decorative header featuring three butterflies (one yellow, one pink, one blue) and two bees (one yellow and black, one blue and black) on the left and right sides. The text "CILA WEEKLY MENU" is centered in a blue, serif font.

CILA WEEKLY MENU

MONDAY

BREAKFAST: YOGURT AND GRANOLA OR CEREAL

LUNCH: TACO BEEF AND BROWN RICE OR CHICKEN NUGGETS

SIDES: CORN, BLACK BEANS AND APPLES

TUESDAY

BREAKFAST: BLUEBERRY MUFFIN OR CEREAL

LUNCH: CHEESEBURGER OR CHICKEN PATTY

SIDES: BAKED BEANS, CARROTS AND APPLE SAUCE

WEDNESDAY

BREAKFAST: ENGLISH MUFFIN OR CEREAL

LUNCH: MEATBALL SUB OR TBD

SIDES: BROCCOLI AND BANANAS

THURSDAY

BREAKFAST: CEREAL BAR OR CEREAL

LUNCH: TERIYAKI CHICKEN WITH BROWN RICE OR TURKEY SUB

SIDES: CABBAGE AND APPLES

FRIDAY

BREAKFAST: BAGELS OR CEREAL

LUNCH: CHEESE OR PEPPERONI PIZZA

SIDES: SALAD AND BANANAS

