



# CILA WEEKLY MENU

## MONDAY

**Breakfast:** Yogurt ad granola or cereal

**Lunch:** Chicken parm patty or pasta with meat sauce

**Sides:** Peas and apple sauce

## TUESDAY

**Breakfast:** Apple cinnamon muffin or cereal

**Lunch:** Pork tamales or fajita chicken

**Sides:** Corn and bananas

## WEDNESDAY

**Breakfast:** English muffin or cereal

**Lunch:** Cheese or pepperoni pizza

**Sides:** Salad and oranges

## THURSDAY

**Breakfast:** Pop-tart or cereal

**Lunch:** Teriyaki chicken or beef bulgogi

**Sides:** Brown rice, cabbage and bananas

## FRIDAY

**Breakfast:** Bagel or cereal

**Lunch:** Cheeseburger or hotdog

**Sides:** Baked beans, carrots and apple sauce