



# CILA Weekly Menu

## Monday

Breakfast: Yogurt and granola or cereal

Lunch: Pasta with meat sauce or turkey sandwich

## Tuesday

Breakfast: Muffin or cereal

Lunch: BBQ chicken with brown rice or hot dog



## Wednesday

Breakfast: English muffin or cereal

Lunch: Cheese or pepperoni pizza



## Thursday

Breakfast: Cereal or pop-tart

Lunch: Chicken patty sandwich or cheeseburger



## Friday

Breakfast: Blueberry bagel or cereal

Lunch: Mac and cheese or Swedish meatballs and pasta