

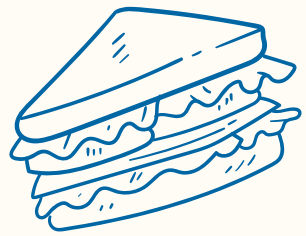
CILA WEEKLY MENU

MONDAY

Breakfast: Pop-tart or cereal

Lunch: Chicken nuggets or fish sticks

Sides: Mashed potatoes, corn, and oranges



TUESDAY

Breakfast: Apple cinnamon muffin or cereal

Lunch: orange chicken with brown rice or chicken patty sandwich

Sides: Snap peas and apples

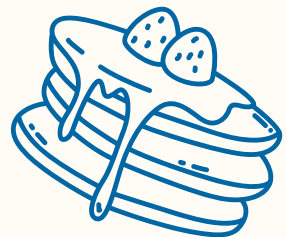


WEDNESDAY

Breakfast: cereal bar or cereal

Lunch: Swedish meatballs and pasta or cheeseburger

Sides: Peas and bananas



THURSDAY

Breakfast: Yogurt and granola or cereal

Lunch: Nico's chili and breadstick or pasta with meat sauce

Sides: Carrots and apples

FRIDAY

Breakfast: Bagel or cereal

Lunch: Cheese or pepperoni pizza

Sides: Salad and grapes

