



Carolina Prep Menu



Week 1

Week 2

February 29-March 2
 March 26-March 30
 April 23-April 27
 May 21-May 25
 June 18-June 22

March 5-March 9
 April 2-April 6
 April 30-May 4
 May 28-June 1
 June 25-June 29

Week 1	Breakfast	Snack 1 (if needed)	Lunch	Vegetarian	Snack 2
Monday	English muffins and jelly	Goldfish	Alfredo, salad with Ranch dressing, and rolls	Alfredo, salad with Ranch dressing, and rolls	Carolina Prep snack mix
Tuesday	Turkey sausage biscuits/plain biscuits	Graham crackers	Ham, cream corn, and rolls	Tofu, cream corn, and rolls	Vanilla pudding with graham crackers
Wednesday	Cheerios cereal	Cheez-its	Chicken tenders and macaroni and cheese	Eggrolls and macaroni and cheese	Tortilla chips and salsa
Thursday	Mini pancakes	Vanilla wafers	Meatloaf, mashed potatoes, and biscuits	Veggie burger, mashed potatoes, and biscuits	Rice Krispie treats
Friday	Vanilla yogurt with granola	Mini pretzels	Turkey and cheese subs and fresh oranges	Cheese subs and fresh oranges	Cheese cubes and Ritz crackers

Week 2	Breakfast	Snack 1 (if needed)	Lunch	Vegetarian	Snack 2
Monday	Quaker Life cereal and bananas	Animal crackers	Chicken patties, peas, and rolls	Veggie burger, peas, and rolls	Bananas and chocolate pudding
Tuesday	Biscuits with jelly	Ritz crackers	Beef tacos and Mexican rice	Black bean tacos and Mexican rice	Nutri-grain bars
Wednesday	Assorted muffins	Fig newtons	Pizza sticks and carrots	Tofu and carrots	Breadsticks with marinara sauce
Thursday	French toast sticks	Fruit snacks	Fish sticks, corn, and rolls	Eggrolls, corn, and rolls	Mandarin oranges and vanilla wafers
Friday	English muffins and jelly	Teddy grahams	Macaroni and cheese, lima beans, and biscuits	Macaroni and cheese, pinto beans, and biscuits	Oatmeal cream pies

Week 3

March 12-March 16

April 9-April 13

May 7-May 11

June 4-June 8

Week 4

March 19-March 23

April 16-April 20

May 14-May 18

June 11-June 15

Week 3	Breakfast	Snack 1 (if needed)	Lunch	Vegetarian	Snack 2
Monday	Turkey sausage biscuits/plain biscuits	Cheez-its	Turkey, dressing, and sweet potatoes	Black eyed peas, dressing, and sweet potatoes	Pop-tarts
Tuesday	Bagels with cream cheese	Nutri-grain bars	Chicken Teriyaki stir-fry and baked apples	Teriyaki stir-fry and baked apples	Fruit cocktail
Wednesday	Mini pancakes	Goldfish	Country steak with gravy, mashed potatoes, and biscuits	Veggie burger, mashed potatoes, and biscuits	Banana pudding and vanilla wafers
Thursday	Apple Jacks cereal	Graham crackers	BBQ pulled chicken, baked beans, and rolls	Mashed potatoes, green beans, and rolls	Carolina Prep snack mix
Friday	Biscuits with jelly	Ritz crackers	Chicken parmesan, salad with Ranch dressing, and rolls	Noodles, salad with Ranch dressing, and rolls	Jello

Week 4	Breakfast	Snack 1 (if needed)	Lunch	Vegetarian	Snack 2
Monday	Assorted muffins	Teddy grahams	Beef stew, white rice, and biscuits	Black eyed peas, white rice, and biscuits	Cheese cubes and pretzel sticks
Tuesday	Vanilla yogurt with granola	Fruit snacks	Chicken tacos and pinto beans	Cheese and lettuce tacos and pinto beans	Tortilla chips and salsa
Wednesday	French toast sticks	Fig newtons	Mac-n-beef, fresh pears, and rolls	Veggie burger, fresh pears, and rolls	Rice Krispie treats
Thursday	Bagels with cream cheese	Mini pretzels	Chicken and dumplings and green beans	Eggrolls and green beans	Apple wedges and vanilla wafers
Friday	Cinnamon Toast Crunch	Vanilla wafers	Beef and bean enchiladas and Mexican rice	Bean and cheese enchiladas and Mexican rice	Oatmeal cream pies