



# OVIEDO MENU

## WEEK 1

## WEEK 2

### MONDAY

**Breakfast:** Waffles & syrup  
**AM Snack:** Goldfish  
**Lunch:** Chicken linguini alfredo, vegetables, mixed fruits  
**PM Snack:** Graham crackers

### MONDAY

**Breakfast:** Cheese toast  
**AM Snack:** Cheerios  
**Lunch:** Chicken, yellow rice, green beans, mandarin oranges  
**PM Snack:** Graham crackers

### TUESDAY

**Breakfast:** Eggs & turkey sausage  
**AM Snack:** Fresh Fruit  
**Lunch:** Turkey dogs, baby carrots, peaches  
**PM Snack:** Cheez It crackers

### TUESDAY

**Breakfast:** Eggs & toast  
**AM Snack:** Fresh Fruit  
**Lunch:** Chicken penne, peas, pears  
**PM Snack:** Animal crackers

### WEDNESDAY

**Breakfast:** Cheese toast  
**AM Snack:** Fresh Fruit  
**Lunch:** Chicken nuggets, tater tots, peas, mandarin oranges  
**PM Snack:** Pretzels

### WEDNESDAY

**Breakfast:** Pancakes & syrup  
**AM Snack:** Fresh Fruit  
**Lunch:** Hamburgers, corn, pineapple  
**PM Snack:** Cheerios

### THURSDAY

**Breakfast:** Pancakes & syrup  
**AM Snack:** Cheerios  
**Lunch:** Spaghetti, meatballs, broccoli, pineapple  
**PM Snack:** Animal crackers

### THURSDAY

**Breakfast:** Eggs & turkey sausage  
**AM Snack:** Goldfish  
**Lunch:** Turkey corn dogs, baby carrots, apple sauce  
**PM Snack:** Vanilla wafers

### FRIDAY

**Breakfast:** Eggs & toast  
**AM Snack:** Fresh Fruit  
**Lunch:** Fish sticks, rice pilaf, corn, apple sauce  
**PM Snack:** Ritz crackers

### FRIDAY

**Breakfast:** Waffles & syrup  
**AM Snack:** Yogurt parfait  
**Lunch:** Macaroni & cheese, broccoli, peaches  
**PM Snack:** Ritz crackers



Breakfast is served with juice or milk.  
 Morning snack is served with water.  
 Lunch is served with milk.  
 Afternoon snack is served with juice.





# OVIEDO MENU

## WEEK 3

## WEEK 4

### MONDAY

**Breakfast:** Pancakes & syrup  
**AM Snack:** Yogurt parfait  
**Lunch:** Turkey dogs, green beans, pineapple  
**PM Snack:** Graham Crackers

### MONDAY

**Breakfast:** Cheese toast  
**AM Snack:** Cheerios  
**Lunch:** Hamburgers, tater tots, vegetables, pears  
**PM Snack:** Graham Crackers

### TUESDAY

**Breakfast:** Cheese toast  
**AM Snack:** Fresh fruit  
**Lunch:** Spaghetti, meatballs, vegetables, peaches  
**PM Snack:** Animal crackers

### TUESDAY

**Breakfast:** Waffles & syrup  
**AM Snack:** Fresh fruit  
**Lunch:** Chicken, yellow rice, corn, pineapple  
**PM Snack:** Animal crackers

### WEDNESDAY

**Breakfast:** Eggs & turkey sausage  
**AM Snack:** Goldfish  
**Lunch:** Chicken penne, chicken, peas, pears  
**PM Snack:** Cheerios

### WEDNESDAY

**Breakfast:** Eggs & sausage  
**AM Snack:** Fresh fruit  
**Lunch:** Turkey corn dogs, green beans, peaches  
**PM Snack:** Cheez It Crackers

### THURSDAY

**Breakfast:** Waffles & syrup  
**AM Snack:** Cheez It Crackers  
**Lunch:** Chicken nuggets, corn, fries, mandarin oranges  
**PM Snack:** Pretzels

### THURSDAY

**Breakfast:** Pancakes & syrup  
**AM Snack:** Goldfish  
**Lunch:** Macaroni & cheese, baby carrots, apple sauce  
**PM Snack:** Vanilla wafers

### FRIDAY

**Breakfast:** Eggs & toast  
**AM Snack:** Fresh fruit  
**Lunch:** Cheese pizza, mixed vegetables, mixed fruits  
**PM Snack:** Ritz crackers

### FRIDAY

**Breakfast:** Eggs & toast  
**AM Snack:** Fresh fruit  
**Lunch:** Grilled cheese sandwich, potato chips, mandarin oranges  
**PM Snack:** Ritz crackers



**Breakfast is served with juice or milk.**  
**Morning snack is served with water.**  
**Lunch is served with milk.**  
**Afternoon snack is served with juice.**

