



PETTENGILL ACADEMY

WEEKLY MENU

WEEK 1

AM SNACK

LUNCH

PM SNACK

MON

Cheerios

English Muffin Pizza
Cucumbers
Diced Potatoes

Ritz Crackers
String Cheese

TUE

Mini Bagels

Fish Sticks
Brown Rice
Peas
Pineapple

Graham Crackers
Yogurt

WED

Breakfast Bar

Turkey Tacos
Shredded Lettuce
Shredded Cheese
Corn

Pretzels
Oranges

THU

Oranges

Ground Turkey
Pasta
Cucumbers
Peas

Animal Crackers
Applesauce

FRI

Chocolate Chip
Muffins

SunButter & Jelly
Corn
Pineapple

Goldfish
Mixed Fruit Cup



PETTENGILL ACADEMY

WEEKLY MENU

WEEK 2

AM SNACK

LUNCH

PM SNACK

MON

Bananas

Beef Meatball
Pasta
Mixed Veggies
Blueberries

Teddy Grahams
Applesauce

TUE

Yogurt

Diced Chicken
Waffle
Spinach
Mango

Banana
Pretzel

WED

Cheerios

Shaved Steak
Brown Rice
Diced Potatoes
Cucumbers

Saltines
Mixed Fruit

THU

Animal Crackers

French Toast
String Cheese
Carrots
Pineapple

Ritz Crackers
String Cheese

FRI

Apple Cinnamon
Muffins

Turkey & Cheese
Sandwiches
Mixed Veggies
Mango

Graham Crackers
Peaches



PETTENGILL ACADEMY

WEEKLY MENU

WEEK 3

AM SNACK

LUNCH

PM SNACK

MON

Yogurt

Cheese Pizza
Broccoli
Mango

Wheat Thins
String Cheese

TUE

Cheerios

Diced Chicken
Bread
Sweet Potatoes
Cucumbers

Teddy Grahams
Mixed Fruit

WED

Mini Bagels

Fish Nuggets
Bread
Corn
Green Beans

Cheerios
Apple Sauce

THU

Animal Crackers

Pancake Bites
String Cheese
Carrots
Cucumbers

Graham Crackers
Oranges

FRI

Blueberry Muffins

Grilled Cheese Tortilla
Broccoli
French Fries

Ritz Crackers
Peaches



PETTENGILL ACADEMY

WEEKLY MENU

WEEK 4

AM SNACK

LUNCH

PM SNACK

MON

Yogurt

Chicken Parm
Pasta
Root Veggies
Green Beans

Teddy Grahams
Bananas

TUE

Animal Crackers

Turkey Tacos
Shredded Lettuce
Shredded Cheese
Corn

Cheerios
Apple Sauce

WED

Bananas

Shaved Steak
Bread
Sweet Potatoes
Green Beans

Wheat Thins
String Cheese

THU

Cheerios

Breakfast Pizza
Pineapple
Root Veggies

Saltines
Oranges

FRI

Goldfish

Homemade Lunchables :
Turkey
Cheese
Tortilla
Carrots
Cucumbers

Graham Crackers
Peaches



PETTENGILL ACADEMY

WEEKLY MENU

WEEK 5

AM SNACK

LUNCH

PM SNACK

MON

Yogurt

Eggs
English Muffins
Pineapple
Spinach

Graham Crackers
Bananas

TUE

Cheerios

Hamburgers
Mango
Peas

Animal Crackers
Oranges

WED

Bananas

Beef Meatballs
Pasta
Cucumbers
Broccoli

String Cheese
Mixed Fruit

THU

Mini Bagels

Pancake Bites
String Cheese
Pineapple
Peas

Teddy Grahams
Apple Sauce

FRI

Breakfast Bar

Roast Beef on
Bread
Corn
French Fries

Goldfish
Peaches

WWW.PETTENGILLACADEMY.COM