



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

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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

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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