



Mama's Outpost

Mostly HEALTHY KID LUNCHES

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Apple Slices	Watermelon	Watermelon	Apple Slices	Banana
Pudding	Yogurt	Apple sauce	Yogurt	Apple sauce
Bagel with Cream cheese	Pizza Bites	Chicken Noodle soup	Ritz Cracker Cheese String Kabassa	Shreddies Cereal Milk
Fish Crackers	Welch fruit Snack	Fish Crackers	Welch fruit Snack	Fish Cracker
Carrot Sticks	Cucumber Slices	Carrot Sticks	Cucumber Slices	Carrot Sticks
Mini Chocolate bar	Oreo cookie mini	Mini Chocolate bar	Oreo cookie mini	Mini Chocolate bar

