



Mama's Outpost

Mostly HEALTHY KID LUNCHES

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Berries	Berries	Banana	Banana	Apple
Pudding	Fruit Cup	Yogurt	Fruit Cup	Yogurt
Turkey Sandwich	WOW Butter & Jelly	Chicken Noodle soup Cracker	Lettuces, Cheese Turkey Wrap	Rasin Bran Cereal Milk
Nutra-Grain Bar	Cheese Ritz Cracker	Nutra-Grain Bar	Tortilla chip Salsa	Nutra-Grain Bar
Carrot Sticks	Cucumber Slices	Carrot Sticks	Cucumber Slices	Carrot Sticks
Mini Banana Muffin	Mini Banana Muffin	Cookie	Cookie	Cookie