



Menu for Intensive Week 2



Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Pancakes with Honey, Yogurt, Watermelon.	Breakfast: Waffles with Honey, Yogurt, Watermelon.	Breakfast: Bagel with cream cheese, Yogurt, Blueberries.	Breakfast: English Muffin, Eggs, Cheese, Yogurt, Kiwi.	Breakfast: Oatmeal, Cottage Cheese with Berry Jem, Blueberries.
Lunch: Beef Hotdogs on Whole Grain Bun, Vegetables, Apples.	Lunch: Chicken Rice Pilaf, Spring Cabbage Salad, Strawberries.	Lunch: Cheese Ravioli, Steamed Vegetables, Apples.	Lunch: Fish Fillets, Mashed Potatoes, Green Salad, Orange.	Lunch: Chicken Cutlets, Buckwheat, Vegetables, Apples.

- Students are welcome to bring their own lunch and snacks if desired.

