

# Menu – Week 1

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM SNACK</b> <b>*Served with Milk</b>	- Whole Grain Cereal - Fresh Fruit	- Whole Wheat Bagels - Fresh Fruit	- Fruit Yogurt - Granola - Fresh Fruit	- baked oatmeal cups - Apple Slices	-Whole Wheat Toast - Fresh Fruit
<b>INFANT DAILY SOUP</b>	Mixed Vegetables	Cream of Carrot	Spinach Meatball	Chicken & Rice	Cream of Chick Peas
<b>LUNCH</b> <b>*Served with Milk &amp; Water</b>	- Spinach Noodle Tofu & Cheese Casserole - Fresh Vegetables - Apples	- Egg Bake with Cauliflower and Cheese - Whole Wheat buns - Cucumber - Bananas	-Cabbage Roll Casserole with Brown Rice - Peas - Fresh Fruit	- Chicken Caesar Penne Salad - Oranges	- Cream of Chick Pea Soup - Whole Wheat Salmon Salad Sandwiches - peppers - Melon
<b>PM SNACK</b> <b>*Served with Water</b>	- Whole Wheat Blueberry Muffins - Fresh Fruit	- Whole Wheat Naan Bread - Fresh Fruit	- Fresh Vegetables - Triscuit Crackers	- whole wheat pretzels - Fresh Fruit	- Cinnamon Toast strips - Fresh Fruit

- Fresh Vegetables includes a variety of the following; Green Peppers, Cucumber, Carrots, Cherry Tomatoes, Broccoli, Cauliflower
- Homogenized Milk is served Daily to Infants and Toddlers
- 2% Milk is served Daily to Preschoolers

# Menu – Week 2

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM SNACK</b> *Served with Milk	- Whole Wheat English Muffins - Fresh Fruit	- Hard Boiled Eggs - Fresh Fruit	- Whole Grain Cereal - Fresh Fruit	-Whole Wheat Waffles - Fresh Fruit	- Sunflower oat bars - Fresh Fruit
<b>INFANT DAILY SOUP</b>	Chicken Noodle	Beef Barley	Cream of Cauliflower	Beef Wonton	Kale, Quinoa, White Bean
<b>LUNCH</b> *Served with Milk & Water	- Tuna Noodle Casserole - Whole Wheat Bread - carrots - Peaches	- Mushroom Chicken Bake with Potatoes - Whole Wheat Toast - Fresh Vegetables - Fresh Fruit	- Turkey casserole with whole wheat Pasta - Mixed Vegetables - Pineapple Salad	-Beef Wonton Soup - Whole Wheat Egg Salad Sandwiches - Fresh Vegetables - Applesauce	- Cobb Salad - Whole Wheat Bread - Fresh Fruit
<b>PM SNACK</b> *Served with Water	- Whole Wheat Pitas - Soy Butter - Fresh Fruit	- Roasted Cauliflower - Hummus - Melba Toast	- Cheese - Triscuit Crackers - Fresh Fruit	- Bran muffins - Fresh Fruit	- inside out cucumber sandwiches - Pita Chips

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# Menu – Week 3

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM SNACK</b> <b>*Served with Milk</b>	- Yogurt - Granola - Fresh Fruit	- Whole Wheat Toast - Fresh Fruit	- Whole Grain Cereal - Fresh Fruit	- Whole Wheat Bagels - Fresh Fruit	- Banana Bread - Fresh Fruit
<b>INFANT DAILY SOUP</b>	Leek and Potato	Green Beans	Beef vegetable	Cream of Celery	Spinach & Chicken
<b>LUNCH</b> <b>*Served with Milk &amp; Water</b>	- Leek and Potato Soup - Whole Wheat Chicken Sandwiches - Fresh Vegetables - Bananas	- Beef stir fry - Brown Rice - Mixed Vegetables - Clementines	- Spinach Omelette - Whole Wheat Toast - Fresh Vegetables - Apples	- Tofu Fettuccini Alfredo - Broccoli - Cherry Tomatoes - Fresh Fruit	- Baked Lemon Sole - Garden Salad - Potatoes - Whole wheat buns - Oranges
<b>PM SNACK</b> <b>*Served with Water</b>	- Homemade Fish Crackers - Fresh Fruit	- Fresh Vegetables - Triscuit Crackers	- Roasted Chick Peas - Bread Sticks - Fresh Fruit	- No bake trail mix cookies - Fresh Fruit	- Oatmeal Banana Balls - Fresh Fruit

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- 2% Milk is served Daily to Preschoolers

# Menu – Week 4

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM SNACK</b> *Served with Milk	- Whole Wheat Waffles - Fresh Fruit	- Whole Grain Cereal - Fresh Fruit	- Whole Wheat English Muffins - Fresh Fruit	- Hard Boiled Egg - Whole Wheat Toast - Fresh Fruit	- Zucchini Loaf - Fresh Fruit
<b>INFANT DAILY SOUP</b>	Tomato Rice	Fiesta	Mushroom	Broccoli & Cheese	Squash Pasta
<b>LUNCH</b> *Served with Milk & Water	- Cheesy Beefaroni - Whole Wheat Bread - Fresh Vegetables - Nectarines	- Turkey & Brown Rice Casserole - Mixed Vegetables - Watermelon	- Mushroom Soup - Whole Wheat Egg salad Sandwiches - Fresh Vegetables - Pears	- Chicken Cauliflower Pasta Bake - Green Beans - Fresh Fruit	- Tuna Pasta Salad - Fresh Vegetables - Apple Sauce
<b>PM SNACK</b> *Served with Water	- Oatmeal Soy Butter Balls - Fresh Fruit	- French Toast Strips - Fresh Fruit	- Whole Wheat Wraps with apple butter - Fresh Fruit	- Carrots - Spinach Dip	- Cheese - Triscuit Crackers - Fresh Fruit

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- 2% Milk is served Daily to Preschoolers